



Best Ever Meatloaf

★★★★★

Beef

Prep Time: 30 mins **Cook Time:** 60 mins **Servings:** Yield: 8-10 servings **Source:** panningtheglobe.com

INGREDIENTS

GLAZE

- 1 6-ounce can of tomato paste
- 2 tablespoons dark brown sugar
- 2 tablespoons cider vinegar
- 1 tablespoon onion powder
- ½ teaspoon kosher salt

MEATLOAF

- 3 tablespoons unsalted butter (or olive oil)
- ¾ cup finely chopped yellow onion - 1 medium onion
- ¾ cup finely chopped scallions (1 bunch, ends trimmed)
- ½ cup finely chopped carrots - 1 large carrot
- ¼ cup finely chopped celery - 1 stalk
- ¼ cup minced red bell pepper - ⅓ of a pepper
- ¼ cup minced green bell pepper - ⅓ of a pepper
- 2 teaspoons minced garlic
- 2 teaspoons Kosher salt, or to taste
- 1 teaspoon freshly ground black pepper
- ½ teaspoon ground white pepper
- ½ teaspoon cayenne pepper
- 1 teaspoon ground cumin
- ½ teaspoon freshly grated nutmeg
- 3 large eggs, well beaten
- ½ cup ketchup
- ½ cup half-and-half
- 2 pounds lean ground beef
- 12 ounces of pork sausage (not flavored with fennel)
- ¾ cup breadcrumbs or panko

DESCRIPTION

This outstanding meatloaf was a sensation from the moment it appeared on the menu at Venice Beach Restaurant 72 Market Street. A remarkably juicy and flavorsome meatloaf recipe made with ground beef and pork sausage, caramelized vegetables and vibrant spices. The crowning touch is the sweet and tangy glaze of tomato paste, vinegar and brown sugar.

DIRECTIONS

Preheat the oven to 375°F/190°C. Arrange a rack in the center position. Select two large rectangular baking pans - one slightly smaller than the other, so the small one can fit into the larger one.

To make the glaze (if using) combine all the glaze ingredients in a small saucepan and whisk while heating over medium heat, for a few minutes, until the sugar is melted and all the ingredients are combined. Set the glaze aside while you prepare the meatloaf.

Melt butter in a heavy skillet and add the onion, scallions, carrots, celery, bell peppers, and garlic. Cook, stirring often, over medium heat, until the moisture from the vegetables has evaporated, 8-10 minutes. Chill the vegetables for a half hour or so in a covered bowl in the fridge or for ten minutes in the freezer.

Combine the salt, black pepper, white pepper, cayenne, cumin, nutmeg, and eggs in a mixing bowl, and beat well, then whisk in the ketchup and half-and-half.

Add the beef, sausage, and bread crumbs and chilled vegetables to the egg mixture and mix with your hands for several minutes, until ingredients are smooth and thoroughly combined.

Add the mixture to the smaller baking pan and shape it, with damp hands, into a long low oval that measures 13 x 6 x 1 ½ inches or 17 x 4 ½ x 1 ½ or something along those lines, so it fits into your pan.

If glazing, spread the glaze evenly over the top and sides of the meatloaf.

Place the smaller baking dish inside the larger pan and pour boiling water into the larger pan until it reaches halfway up the sides of the smaller baking dish. (see notes below)

Place the pans in the oven and bake for 45 minutes to an hour, or until the meatloaf is no longer pink in the middle or the internal temperature has reached at least 160°F when tested with a food thermometer.

Remove the smaller baking dish from the water bath and let the meatloaf rest for 20 minutes before slicing and serving.