

MEAT LOAF WITH BROWN SUGAR-KETCHUP GLAZE

GLAZE

- 1/2 CUP KETCHUP
- 4 TABLESPOONS BROWN SUGAR
- 4 TEASPOONS CIDER OR DISTILLED WHITE VINEGAR

MEAT LOAF

- 2 TEASPOONS VEGETABLE OIL
- 1 MEDIUM ONION, CHOPPED
- 2 MEDIUM GARLIC CLOVES, MINCED OR PRESSED THROUGH A GARLIC PRESS
- 2 LARGE EGGS
- 1/2 TEASPOON DRIED THYME
- 1 TEASPOON SALT
- 1/2 TEASPOON GROUND PEPPER
- 2 TEASPOON DIJON MUSTARD
- 2 TEASPOON WORCESTERSHIRE SAUCE
- 1/4 TEASPOON HOT PEPPER SAUCE
- 1/2 CUP WHOLE MILK OR PLAIN YOGURT
- 2 POUNDS MEAT LOAF MIX (50 PERCENT GROUND CHUCK, 25 PERCENT GROUND PORK, 25 PERCENT GROUND VEAL)
- 2/3 CUP CRUSHED SALTINE CRACKERS (ABOUT 16)
- 1/3 CUP MINCED FRESH PARSLEY LEAVES
- 6-8 OUNCES (8 TO 12 SLICES) BACON

INSTRUCTIONS

MAKE THE GLAZE:

1. COMBINE THE KETCHUP, BROWN SUGAR AND VINEGAR IN A SMALL SAUCEPAN. SET ASIDE.

MAKE THE MEAT LOAF:

1. PREHEAT THE OVEN TO 350F. COVER A BAKING SHEET WITH FOIL AND SET ASIDE.
2. IN A SKILLET, HEAT THE OIL OVER MEDIUM HEAT. ADD THE ONION AND GARLIC AND SAUTE UNTIL SOFT.
3. IN A MEDIUM BOWL, COMBINE THE EGGS, THYME, SALT, PEPPER, MUSTARD, WORCESTERSHIRE SAUCE, HOT PEPPER SAUCE AND MILK. IN A LARGE BOWL, COMBINE THE MEAT MIX, CRACKERS, PARSLEY AND COOKED ONION AND GARLIC MIXTURE. ADD THE EGG MIXTURE AND MIX LIGHTLY UNTIL COMBINED.
4. TURN THE MIXTURE ONTO THE FOIL LINED BAKING SHEET AND SHAPE INTO A LOAF ABOUT 9×5-INCHES. BRUSH HALF OF THE GLAZE ON TOP OF THE LOAF. PLACE THE BACON STRIPS CROSSWISE OVER THE LOAF, OVERLAPPING SLIGHTLY. TUCK THE EDGES UNDER THE LOAF.
5. BAKE UNTIL THE BACON IS CRISP AND THE INTERNAL TEMPERATURE OF THE LOAF IS 160F, ABOUT 1 HOUR. COOL FOR AT LEAST 20 MINUTES. PLACE THE REMAINING GLAZE IN A SMALL SAUCEPAN UNTIL SLIGHTLY THICKENED. SLICE THE MEAT LOAF AND SERVE WITH THE GLAZE.

RECIPE SHARED BY RUSS COOKE AND CATHY DINSMORE