



Herbed Meat Loaf with Mushroom Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup forest ham black finely chopped
- ☐ 1 pinch cayenne pepper
- ☐ 1 cup chicken stock see low-sodium canned
- ☐ 1.5 teaspoons dijon mustard
- ☐ 0.8 cup porcini mushrooms dried
- ☐ 0.5 cup cooking wine dry white
- ☐ 3 large eggs lightly beaten
- ☐ 1 tablespoon flour mixed with 2 tablespoons water all-purpose
- ☐ 5 large garlic cloves minced

- ☐ 1 pound ground beef
- ☐ 1 pound ground pork
- ☐ 1 pound ground veal
- ☐ 6 slices bread italian 1-inch-thick
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon mayonnaise
- ☐ 1 large onion finely chopped
- ☐ 1 tablespoon rosemary finely chopped
- ☐ 1 teaspoon sage leaves finely chopped
- ☐ 1 shallots minced
- ☐ 0.5 pound mushroom caps stemmed thinly sliced
- ☐ 1 tablespoon thyme leaves finely chopped
- ☐ 3 tablespoons butter unsalted
- ☐ 1.5 cups water boiling

Equipment

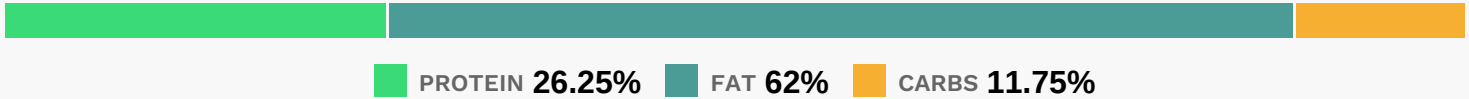
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil
- ☐ spatula
- ☐ measuring cup
- ☐ cutting board

Directions

- ☐ In a large glass measuring cup, soak the porcini in the boiling water until softened, about 20 minutes.
- ☐ Drain the porcini, reserving the soaking liquid. Rinse them briefly, pat dry and finely chop.
- ☐ Let the porcini soaking liquid settle, then pour it into a medium bowl, leaving the grit behind.
- ☐ Preheat the oven to 35
- ☐ In a medium skillet, melt 2 tablespoons of the butter.
- ☐ Add the onion and cook over moderately high heat, stirring, until translucent, about 5 minutes.
- ☐ Add the garlic, chopped porcini and 2 tablespoons of the reserved porcini soaking liquid and cook over moderately low heat for about 5 minutes. Stir in the rosemary, thyme and sage and scrape the mixture into a large bowl; let cool.
- ☐ Soak the bread in the remaining porcini liquid until evenly moistened, then squeeze dry and tear into small pieces. Reserve the porcini liquid for the gravy.
- ☐ Add the soaked bread to the large bowl, along with the ground beef, veal and pork and the ham and eggs. Season with 1 tablespoon of kosher salt and 1 teaspoon of black pepper. Knead the mixture with your hands until combined.
- ☐ Transfer the meat to a large enameled cast-iron baking dish or a small flameproof roasting pan and pat it firmly into a 10-by-6-inch oval loaf.
- ☐ In a bowl, mix the mayonnaise with the mustard and cayenne and brush it over the meat loaf.
- ☐ Bake for 1 1/2 hours, or until browned and firm to the touch. Using 2 large spatulas, transfer to a cutting board, cover loosely with foil and keep warm. Set aside the baking dish.
- ☐ Meanwhile, melt the remaining 1 tablespoon of butter in a medium skillet.
- ☐ Add the shiitake mushrooms and cook over moderate heat, stirring frequently, until softened, about 5 minutes.
- ☐ Add the shallot and cook until translucent, about 3 minutes.
- ☐ Add the chicken stock and porcini soaking liquid and simmer over moderate heat until reduced by half, 8 to 10 minutes.
- ☐ Place the meat-loaf baking dish over moderately high heat and stir occasionally until the drippings start to brown, about 3 minutes.
- ☐ Add the wine and cook, scraping up any browned bits, until reduced by half, about 3 to 4 minutes. Strain the contents of the baking dish into the skillet, whisk in the flour mixture and boil until thickened, about 2 minutes. Season the gravy with salt and pepper.
- ☐ Cut the meat loaf into thick slices and pass the mushroom gravy at the table.

- ☐ Make Ahead: The meat loaf and gravy can be kept refrigerated separately for up to 2 days.
- ☐ Wine Recommendation: An intense, peppery and full-bodied Petite Syrah would pair extremely well with this earthy, herb-filled meat loaf. Look for the 1997 Foppiano Petite Syrah from California or the 1996 Stags' Leap Winery Petite Syrah.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:1.75, Inflammation Score:-8, Nutrition Score:24.359565340954%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 603.98kcal (30.2%), Fat: 40.59g (62.44%), Saturated Fat: 16.87g (105.42%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 14.97g (5.44%), Sugar: 7.24g (8.04%), Cholesterol: 217.33mg (72.44%), Sodium: 390.11mg (16.96%), Alcohol: 1.54g (100%), Alcohol %: 0.53% (100%), Protein: 38.67g (77.34%), Vitamin B3: 11.81mg (59.06%), Copper: 1.12mg (55.91%), Selenium: 36.79µg (52.55%), Vitamin B12: 2.58µg (42.96%), Vitamin B6: 0.85mg (42.47%), Zinc: 6.29mg (41.9%), Phosphorus: 412.82mg (41.28%), Vitamin B1: 0.55mg (36.84%), Vitamin B2: 0.6mg (35.08%), Vitamin B5: 2.76mg (27.64%), Potassium: 817.27mg (23.35%), Iron: 3.6mg (20%), Magnesium: 56.54mg (14.13%), Manganese: 0.28mg (13.95%), Folate: 48.45µg (12.11%), Fiber: 2.34g (9.34%), Calcium: 61.7mg (6.17%), Vitamin A: 294.03IU (5.88%), Vitamin C: 4.28mg (5.19%), Vitamin E: 0.77mg (5.14%), Vitamin D: 0.73µg (4.86%), Vitamin K: 4.68µg (4.46%)