



Not-So-Basic Meatloaf

READY IN



45 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 4 bay leaves
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 cup breadcrumbs fresh finely
- ☐ 1 medium carrots finely chopped
- ☐ 2 tablespoons coarse salt
- ☐ 2 cups croutons
- ☐ 0.3 cup dijon mustard
- ☐ 2 large eggs

- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 1 sprig thyme sprigs fresh
- ☐ 6 cloves garlic minced
- ☐ 2 pounds ground beef lean
- ☐ 1 tablespoon horseradish drained well
- ☐ 5 strips bacon lean finely chopped
- ☐ 0.5 cup milk
- ☐ 2 medium onion finely chopped
- ☐ 10 garlic clove whole unpeeled

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ Preheat the oven to 375 degrees.
- ☐ Place the bacon in a medium sauté pan over medium-low heat. Sauté the bacon for about 5 minutes, or until it has begun to crisp and most of the fat has rendered out.
- ☐ Add the garlic, onion, and carrot and continue to sauté for about 4 minutes, or until the vegetables are soft and the onions are translucent but have not taken on any color.
- ☐ Remove the pan from the heat and allow the vegetables to cool (see Note).
- ☐ Place the ground sirloin into a large mixing bowl.
- ☐ Add the eggs and milk and, using your hands, work the liquid into the meat.
- ☐ Add the bread crumbs and continue to work the liquid and crumbs into the meat.

- ☐ Add the cooled vegetables, mustard, barbecue sauce, and horseradish along with 1/4 cup of the parsley, salt, pepper, and thyme. Using your hands, gently work all of the ingredients into the meat until well combined.
- ☐ Place one-half of the croutons into a shallow baking dish at least 14 inches long.
- ☐ Transfer the meatloaf mixture onto a clean, flat surface and, again, using your hands, shape it into a loaf about 3 1/4 inches wide X 2 1/2 inches high X 12 inches long (or into a round, breadlike form, a letter of the alphabet, an oval, or into several small loaves). Press the remaining croutons into the loaf, making sure that they are partially pressed down into it.
- ☐ Gently press the unpeeled garlic cloves into the top of the meatloaf. Carefully lay the loaf on top of the croutons in the baking dish (you might need to use a couple of spatulas to facilitate this), reforming the shape with your hands, if necessary. Pierce the meatloaf with the bay leaves and thyme sprig.
- ☐ Place the meatloaf in the preheated oven and bake for 1 hour, or until the internal temperature reads 165 degrees on an instant-read thermometer and the top is nicely browned.
- ☐ Remove the pan from the oven. Allow the meatloaf to rest for about 5 minutes before transferring it to a serving platter.
- ☐ Remove the bay leaves and thyme sprig and sprinkle the remaining parsley over the top of the loaf and around the platter.
- ☐ Cut crosswise into 1-inch, or thicker, slices and serve.
- ☐ I prefer to slightly precook any vegetables that I will be adding to a meatloaf so that they can more readily release all of their flavor into the loaf as it bakes. You can also double the amounts of vegetables and reserve half of them to spoon around the meatloaf before serving.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From David Burke's New American Classics by David Burke and Judith Choate Copyright (c) 2006 by David Burke Published by Knopf. David Burke is the coauthor, with Carmel Berman Reingold, of Cooking with David Burke. He is a graduate of the Culinary Institute of America, was trained in France, and was the first American to be awarded the prestigious Meilleurs Ouvriers de France Diplome d'Honneur. His other awards include Japan's Nippon Award of Excellence, the Robert Mondavi Award of Excellence, and the Culinary Institute's August Escoffier Award. He is the executive chef and co-owner of davidburke & donatella, and executive chef and sole owner of David Burke at Bloomingdale's, both in New York City. He lives in Fort Lee, New Jersey.

Nutrition Facts



PROTEIN 39.53% **FAT 26.35%** **CARBS 34.12%**

Properties

Glycemic Index:69.97, Glycemic Load:7.39, Inflammation Score:-9, Nutrition Score:31.125652105912%

Flavonoids

Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 419.42kcal (20.97%), Fat: 12.07g (18.57%), Saturated Fat: 4.77g (29.79%), Carbohydrates: 35.16g (11.72%), Net Carbohydrates: 31.67g (11.52%), Sugar: 8.62g (9.58%), Cholesterol: 158.18mg (52.73%), Sodium: 2935.13mg (127.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.74g (81.49%), Vitamin K: 87.42µg (83.25%), Selenium: 45.24µg (64.63%), Vitamin B12: 3.71µg (61.8%), Zinc: 8.71mg (58.05%), Vitamin B3: 10.5mg (52.49%), Vitamin A: 2295.66IU (45.91%), Phosphorus: 439.63mg (43.96%), Vitamin B6: 0.84mg (42.11%), Iron: 6.15mg (34.15%), Manganese: 0.64mg (32.14%), Vitamin B2: 0.49mg (29.05%), Vitamin B1: 0.38mg (25.6%), Potassium: 834.67mg (23.85%), Folate: 67.35µg (16.84%), Magnesium: 67.25mg (16.81%), Vitamin B5: 1.65mg (16.52%), Vitamin C: 13.49mg (16.35%), Calcium: 140.63mg (14.06%), Fiber: 3.49g (13.96%), Copper: 0.28mg (13.75%), Vitamin E: 0.88mg (5.89%), Vitamin D: 0.71µg (4.72%)