



AMERICAN

Classic Meatloaf

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	20 min	1 hr 5 min	Bake	Ground beef

Ingredients

MEATLOAF

- 900 g (2 lb) ground beef, 80/20
- 1 tbsp butter
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 45 g (¾ cup) fresh breadcrumbs or 30 g (⅓ cup) crushed crackers
- 120 ml (½ cup) whole milk
- 2 eggs
- 2 tbsp Worcestershire sauce

MEATLOAF (CONT.)

- 2 tbsp ketchup
- 1½ tsp salt
- ½ tsp black pepper
- 2 tbsp chopped parsley

GLAZE

- 120 g (½ cup) ketchup
- 2 tbsp brown sugar
- 1 tbsp apple cider vinegar

Steps

1. Heat the oven to 175°C (350°F) and line a baking tray with foil.
2. Cook the onion in the butter in a small pan over medium heat for 5 minutes until soft. Add the garlic for 30 seconds, then cool for 5 minutes.
3. Stir the breadcrumbs into the milk and let them soak for 5 minutes until soft.
4. Combine the beef, cooled onion, soaked crumbs, eggs, Worcestershire, ketchup, salt, pepper and parsley in a large bowl. Mix gently with your hands until just combined; overmixing makes a dense loaf.
5. Shape into a loaf about 23 x 12 cm (9 x 5 in) on the tray, so the fat can drain away and the sides brown.
6. Stir the glaze ingredients together and spread half over the top.
7. Bake for 40 minutes, then brush on the remaining glaze and bake 20 to 25 minutes more, until the top is dark and caramelised and a thermometer in the centre reads 71°C (160°F).
8. Rest for 10 minutes before slicing so the juices settle.

Notes

- **Make ahead:** shape the loaf a day ahead and refrigerate; add 10 minutes to the bake.
- **Leftovers:** a cold meatloaf sandwich with mustard is a treat.
- **Mix it up:** use a third ground pork for a more tender loaf.
- **Freezer:** wrap cooled slices well and freeze up to 3 months; thaw overnight and reheat until steaming hot, 74°C (165°F).
- **Pair with:** buttery mashed potatoes and green beans.

- **Twist:** for a smoky, non-traditional glaze, stir 1 tsp smoked paprika into the ketchup.