

RECIPE

MEATLOAF WITH MUSTARD PAN GRAVY

INGREDIENTS:

1 1/2 lbs	Ground meat mix (veal, pork and beef)
2	eggs
2 tbsp	ketchup, divided
1 tbsp	Dijon mustard, plus 1 tsp for gravy
1/2 cup	seasoned breadcrumbs
1/2 cup	grated Pecorino Romano cheese
1/2 tsp	garlic powder
	freshly ground black pepper
1/4 cup	fresh parsley, chopped
4 lg.	basil leaves, chopped
1/4 cup	dry white wine
2 cups	beef stock or broth
1 tbsp	flour

DIRECTIONS:

Preheat the oven to 375 degrees. Lightly spray the bottom of a medium sized baking dish with cooking spray.

In a large mixing bowl, combine ground meat, eggs, 1 tablespoon ketchup, mustard, breadcrumbs, cheese, garlic powder, black pepper, parsley and basil. Mix all the ingredients well with your hands, making sure you can see the fresh parsley and basil evenly distributed throughout. Shape into a loaf and place inside the baking dish. Take the remaining 1 tablespoon of ketchup and rub it all over the outside of the loaf. This will give the meatloaf a nice sweet crust. Cook for approximately 55 minutes.

Transfer the meatloaf to a cutting board and let rest for 5 minutes while you make the gravy. Turn the heat on medium low and deglaze the bottom of the baking dish with the white wine, scrapping up all the bits. Add the mustard and stir to combine. Sprinkle in the flour and cook it out, about 1 minute. Then slowly stream in the beef stock, whisking continuously until the gravy starts to thicken. Turn off the heat and pour the gravy through a fine mesh strainer into a gravy boat. Slice meatloaf and serve hot.

Serves 4
