

THE PHOTOGRAPHER'S KITCHEN

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JERRY'S ULTIMATE MEAT LOAF

2006 – Jerry Bell

Serves 6 to 8

Ingredients:

-- Glaze --

½ Cup Ketchup

4 Tbsp. light brown sugar

4 tsp. cider or white vinegar

OR your favorite BBQ sauce

(Personally, I like the taste of A1 Sauce)

-- Meat Loaf --

2 lb. ground beef

½ lb. ground mild Italian sausage

½ lb. Linguica chopped fine. (If unavailable substitute another ½ lb ground Italian sausage.)

1 egg

½ Cup breadcrumbs – Italian seasoned

¼ Cup Parmesan Cheese

1 pkg. Onion Soup Mix

2 tsp. kosher salt

1 tsp. Montreal Steak seasoning (or ½ tsp. ea. coarse ground pepper, salt, garlic powder)

½ tsp. garlic powder

1 bottle of Samuel Adams Boston Lager (or use any good imported dark beer.)

7 slices of bacon

Glaze - Mix all ingredients and set aside

Meat Loaf - Preheat oven to 375 deg.

In a large mixing bowl combine 2 lb. ground beef, ½ lb mild Italian sausage (I prefer Jimmy Dean) and ½ lb. finely chopped Linguica. (Gaspar's or Amaral's for those on the East coast and Silva or Neto for those on the left coast) Mix in 1 egg, ½ cup seasoned breadcrumbs, ¼ Cup Parmesan cheese, 1 pkg. onion soup mix, 2 tsp kosher salt, 1 tsp Montreal Steak seasoning and ½ tsp garlic powder.

Blend the mixture. Add ¼ cup dark beer a little at a time to add moisture. Continue mixing to thoroughly blend the mixture. The balance of the beer belongs to the cook. (It's good to be the cook!)

Put the blended meat mixture into a well greased metal or Pyrex loaf pan or baking dish. Fold the bacon slices widthwise over the meat mixture. Lightly brush with the glaze or steak sauce.

Bake at 375 deg. For 1 hour then baste the top again with glaze or steak sauce. Continue baking until the internal temperature reaches 160 degrees. This will probably be another 20 to 30 minutes.

Let cool for 20 minutes. Cut into ¾ inch slices and serve with a sprinkling of Parmesan cheese. This is really fantastic when served with my French Onion Soup.

I've provided this recipe for your dining pleasure and I encourage you to share it with your relatives, friends and anyone else who enjoys good food. If you want to post one of my recipes on your blog or another website I ask that you please credit: Jerry Bell / Jbellphotography.com