



## JERNEJ KITCHEN

# BEEF MEATLOAF WITH EGGS

*Beef Meatloaf with Eggs is a wonderful main dish recipe, perfect for special dinners. Juicy beef meatloaf served with a rich meatloaf sauce.*

SERVES	6	PEOPLE
PREPARATION:	20	MINUTES
BAKE:	90	MINUTES
TOTAL TIME:	110	MINUTES

### BEEF MEATLOAF WITH EGGS

120 g stale bread (4.2 oz), without the crust

120 g milk (1/2 cup)

60 g heavy cream (1/4 cup)

1 onion

2 cloves of garlic

1 handful parsley

2 tbsp olive oil

spices: 1 tbsp ground paprika, 1 tsp oregano, 1 tsp thyme, 1/2 tsp coriander

900 g ground beef meat (2 lbs) (ground chuck)

1 egg yolk and 1 egg

1 tbsp dijon mustard

1 tsp Worcestershire sauce

4 hard boiled eggs

120 ml beef stock (1/2 cup) - for roasting

### GLAZE

1 tbsp bbq sauce

### VEGGIES AND HERBS FOR THE MEATLOAF

Preheat your oven to 170°C / 340°F. Slice the stale bread in small cubes. Place in a small bowl. Pour the hot milk and hot heavy cream over the bread and set aside for a few minutes or until it comes to room temperature. Dice the onion, garlic, and parsley. Place a skillet over medium-high heat. Add olive oil and diced onion. Cook until the onion softens, then add diced garlic, chopped parsley, ground paprika powder, oregano, thyme, and coriander. Stir to combine and cook for about 2 minutes. Transfer the mixture to the stale bread mixture in a bowl and stir well to get a smooth, paste-like texture.

### MAKE THE MEATLOAF MIXTURE

Place ground beef (at room temperature) to a large bowl. Add cool bread mixture to the meat and stir well to combine. Season with salt and pepper. Add egg yolk, egg, dijon mustard, and Worcestershire sauce. Mix and knead the meat mixture well. Shape into a loaf. Make a hole lengthways in the center of the meatloaf to create space for hard-boiled eggs. Arrange peeled hard-boiled eggs and close tightly with the rest of the meat. Tie and knot the meatloaf with kitchen string at intervals every few centimeters/inches. It should be tied in four places. Place in a deep baking dish. Pour 120 ml (1/2 cup) beef stock to the baking dish with the meatloaf.

### ROAST

Cover the meatloaf with a sheet of parchment paper and then cover it with another layer of aluminum foil. Place in the preheated oven on the middle rack. Roast for 45 minutes at 170°C / 340°F. Then, remove the parchment paper and aluminum foil and continue to roast for 30 - 35 minutes at

1 tbsp Oyster sauce

### MEATLOAF SAUCE

1 tsp all-purpose flour

1 tbsp butter

1 tbsp bbq sauce

240 ml beef stock (1 cup)

2 tbsp white wine

1 tsp Worcestershire sauce

### TOOLS AND EQUIPEMENT

kitchen knife

bowl

skillet

baking dish

kitchen string

parchment paper

aluminum foil

saucepan

whisk

170°C / 340°F. While the meatloaf is roasting pour its juice over the meatloaf to maintain the juiciness. Remove the roasted meatloaf from the oven, pour the remaining roasting juices in a bowl and save for later. In a separate small bowl stir to combine bbq sauce and oyster sauce. Glaze the meatloaf with the mixture. Place back in the oven and roast for another 10 - 15 minutes at 210 °C / 410 °F.

### MEATLOAF SAUCE

Add butter to a saucepan. Place over low heat and let it melt. Add flour and cook over low heat for about 3 - 5 minutes or until the flour becomes golden brown. Make sure it doesn't burn - keep an eye on it and stir continuously. Add bbq sauce and gradually, while constantly whisking with a whisk pour in the beef stock to get a smooth, shiny sauce. Bring to a boil, then add white wine, Worcestershire sauce and saved strained roasting liquid. Cook for 5 - 10 minutes (low simmer) to thicken the sauce. Season with salt and pepper. Optionally add chopped herbs, for example, thyme, parsley or tarragon.

### SERVE

Remove the roasted egg stuffed meatloaf from the oven and let it rest for 10 - 15 minutes, that way it will be easier to slice. Cut on about 2 cm / 1-inch slices and serve with the meatloaf sauce.