

Mighty Meatloaf



Jaz Mathisen

AWAKINO STATION

Ingredients:

- 1kg beef or venison mince
- 500g sausage meat (optional – this just acts as a binder to help hold the meatloaf together)
- 1 onion, finely diced
- 1 cup breadcrumbs
- 1 egg
- 1 tbsp curry powder
- ½ cup milk
- ½ cup water
- Salt and pepper to season

Sauce ingredients:

- ½ cup water
- ½ cup tomato sauce
- ½ cup brown sugar
- ¼ cup Worcestershire sauce
- ¼ cup apple cider vinegar
- 30g butter
- 1 tsp instant coffee

Method:

1. Preheat the oven to 180C
2. In a large bowl thoroughly combine all of the meatloaf ingredients, except for the milk and water.
3. Pour in the milk and water and season with salt and pepper. Mix again to combine.
4. Divide evenly into two loaf tins and bake for 45 minutes.
5. While the meatloaf bakes, make the sauce by combining all the sauce ingredients into a small saucepan. Bring to the boil.
6. Remove the meatloaf from the oven, carefully drain off the fat (I pour it into the compost bin) and pour the sauce over.
7. Place it back into the oven and bake for another 30 minutes, or until the sauce is sticky and the top of the meatloaf is starting to caramelise.
8. Serve with mashed, boiled or roasted potatoes.

