

Meatloaf with Onion Gravy ↗

Feeds 4

Time to prepare

35 minutes

Time to cook

1½ hours

Oven temperature

Gas mark 4-5, 180-190°C, 350-375°F

Take

450g (1lb) lean minced beef

225g (8oz) beef sausages, skinned

1 large onion, peeled and finely chopped

2 sticks celery, finely chopped

15-30ml (1-2tbsp) Dijon or wholegrain mustard

2.5ml (½tsp) dried thyme

2.5ml (½tsp) ground nutmeg

30ml (2tbsp) freshly chopped parsley

30ml (2tbsp) tomato purée

50g (2oz) fresh breadcrumbs, soaked in 90ml (6tbsp) milk

Salt and pepper

For the Onion Gravy:

15ml (1tbsp) sunflower oil

2 large onions, peeled and sliced

2 garlic cloves, peeled and crushed

15ml (1tbsp) Demerara sugar

25g (1oz) plain flour

850ml (1½pint) good, hot beef stock

Large dash Worcestershire sauce

Make

In a large bowl mix together the mince and sausage meat. Heat a large non-stick frying pan and dry fry the mince mixture for 5 minutes until brown. Add the onion and celery and continue to cook for 3-4 minutes. Season and stir in the mustard, thyme, nutmeg, parsley, tomato purée and breadcrumbs.

Mix well, spoon into a 900g (2lb) loaf tin and cover with foil. Stand the tin in a large roasting tin containing about 2.5cm (1inch) boiling water. Cook in a preheated oven for 40 minutes. Remove the foil, return to the oven and continue to cook for a further 40 minutes. Allow to firm up in the tin for 10-15 minutes before transferring to a warm plate.

Meanwhile prepare the onion gravy; heat the oil in a large frying pan and cook the onions, garlic and sugar for 3-4 minutes until golden brown. Stir in the flour and cook for 2-3 minutes. Add the stock and Worcestershire sauce. Bring to the boil, reduce the heat and simmer for 15-20 minutes.



Eat

Slice the meatloaf and serve with jacket potatoes, green vegetables and the onion gravy.