



MR HANS

FRESH FAMILY FOOD

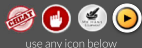
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Meatloaf & Spicy BBQ Sauce served with Buttered New Potatoes & Sweetcorn

Prep Time: 30 Mins

Cooking Time: 2 Hours (Total)

Serves 4 to 6

INGREDIENTS: Meatloaf

- 500g Fresh Lean Beef Mince
- 500g Fresh Sausage Meat
- 3 x Medium Onions (Finely Chopped)
- 1 x Packet of Stuffing Mix
- 2 x Eggs
- Salt & Ground Black Pepper

EQUIPMENT:

- Oven & Hob
- Chopping Board
- Overproof Loaf Tin / Dish (5cm to 10cm deep)
- Large Mixing Bowl
- Aluminium Foil
- Large Saucepan

INGREDIENTS: Spicy BBQ Sauce

- 25g of Butter
- 1 x Onion (Roughly Chopped)
- 1 x Garlic Clove (Finely Chopped)
- 2 Tbsp_s of Vinegar (Wine Vinegar or Cider Vinegar)
- 25g of Butter
- 150ml of Water or Stock
- 1 Tbsp of English Mustard
- 2 Tbsp_s of Brown Sugar
- 1 x Slice of Lemon
- 1 x Bay Leaf
- ¼ Tsp of Cayenne Pepper
- 2 Tbsp_s of Worcestershire Sauce
- 6 Tbsp_s of Tomato Ketchup
- 2 Tbsp_s of Tomato Purée
- Salt & Ground Black Pepper

CHEAT INGREDIENTS:

- Your Choice of Fresh Sausages
- Your Choice of Stuffing Mix
- Garlic Purée

WHY THESE CHEATS ?

"3 simple cheats here. For the best results, use your favourite Sausages as there are not many varieties of Sausage Meat available in supermarkets. Adding Stuffing Mix comes from a cheat thought up by my Mum over 40 years ago after she had run out of breadcrumbs! They also have loads of extra herbs and seasonings which enhance the final dish. Great job Mum! And regarding Garlic; Purée or Minced Garlic works just fine in the Spicy BBQ Sauce." - MR HANS

EXTRAS:

Sweetcorn
Baby New Potatoes
Butter & Olive Oil
Freshly Chopped Parsley

METHOD:

Both these recipes have been firm family favourites for many years and I remember making this with my Mum when I was a child. All the measures in the recipes can be adjusted slightly to suit tastes. There really are no fixed standards for either the Meatloaf or the Spicy BBQ Sauce. I find it best to prepare the Meatloaf first, and while it is cooking, prepare the Spicy BBQ Sauce. Any leftover sauce can be stored in the fridge for up to 6 weeks. You can prepare the Meatloaf ingredients (do not cook), and freeze it in the Ovenproof Loaf Tin / Dish covered with foil. (Fully defrost before cooking)

MEATLOAF

- Preheat your oven to 190°C or 170°C Fan
- If using Sausages, remove their skins and leave the meat to one side (Discard the unwanted Sausage Skins)
- Soften the chopped Onions in a pan for 5 minutes on a low heat with a little Butter or Olive Oil until translucent
- Transfer the softened Onions to a Large Mixing Bowl and leave to cool
- Once the softened Onions are cool, add the Lean Minced Beef & Sausage Meat along with all the other Meatloaf ingredients and completely mix together
- Transfer the Meatloaf mixture to the Ovenproof Loaf Tin / Dish and cover with Aluminium Foil
- Bake in the Oven for 2 Hours. (Remove the Aluminium Foil for the last half hour of cooking)
- Remove the Meatloaf from the oven and drain off any excess fat from the tin
- Let the Meatloaf rest; while you make the Spicy BBQ Sauce (You can of course reheat the Spicy BBQ Sauce if you have made it prior)
- Carefully remove the Meatloaf from the Loaf Tin / Dish and place on a suitable Board or Large Serving Plate
- Spread some of the Spicy BBQ Sauce over the top of the Meatloaf and sprinkle with Freshly Chopped Parsley to garnish

SPICY BBQ SAUCE

- Soften the Onion and Garlic in a Large Saucepan on a low heat for around 5 minutes (do not brown)
- Add all of the following:-
 - Vinegar
 - Stock or Water
 - Mustard
 - Brown Sugar
 - Lemon Slice
 - Cayenne Pepper
 - Bay Leaf
- Bring to the boil and simmer gently for 15 minutes on a low heat
- Stir in the remaining 3 ingredients (Worcestershire Sauce, Tomato Ketchup & Tomato Purée)
- Season with Salt & Ground Black Pepper
- Simmer for a further 5 minutes
- Remove from the heat and discard the Lemon Slice and Bay Leaf

TEMPERATURE
Conventional Oven 190°C 170°C Fan

Slice the Meatloaf into portions and serve with Buttered Baby New Potatoes & Sweetcorn along with extra BBQ Sauce on the side