

Meatloaf

Courtesy of Nagi on recipetineats.com

Meatloaf recipe

Recipe video above. Meatloaf is so much more than a giant hunk of ground beef in a loaf shape. It should ooze with flavour, be moist and tender yet not crumble apart when sliced. And the caramelised glaze is the crowning glory!

Prep Time
15 mins

Cook Time
1 hr 15 mins

Total Time
1 hr 30 mins



★★★★★
4.98 from 206 votes

Course: Main Cuisine: Western Keyword: Meatloaf, Meatloaf Recipe
Servings: 8 Calories: 404cal Author: Nagi

Ingredients

- 1 cup panko breadcrumbs (Note 1)
- 1 large onion , grated (brown, yellow)
- 1 kg / 2 lb ground beef (mince) , preferably not lean
- 2 eggs
- 3 garlic cloves , minced
- 1 tsp Worcestershire Sauce
- 1/4 cup tomato ketchup
- 1/4 cup chopped parsley (optional), or 2 tsp dried parsley or basil
- 1 tsp dried thyme
- 2 beef bouillon cubes , crumbled or 2 tsp beef powder (Note 2)
- 1 tsp black pepper

Meatloaf Glaze:

- 1/2 cup tomato ketchup
- 2 tbspcider vinegar
- 1 tbspbrown sugar , lightly packed

#ssifestivalofhope

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Instructions

1. Preheat oven to 180C/350F. Oil or spray a loaf tin. (Note 3)
2. **Glaze:** Mix together in a small bowl. Set aside.
3. **Meatloaf:** Place breadcrumbs in a very large bowl. Grate over onion. Mix so the breadcrumbs are all wet. (Note 4)
4. Add remaining ingredients. Mix well using your hands. Form into a loaf shape, pinching together then smoothing over creases and cracks (helps prevent cracks during baking).
5. Transfer into loaf tin. Brush generously with glaze, using about 1/2.
6. Bake for 45 minutes. Remove from oven and brush with most of the remaining glaze. If there is excess fat pooling, scoop/pour it off.
7. Bake for a further 30 minutes. Remove from oven.
8. Stand for 10 minutes before turning out and cutting into thick slices. You will probably get a bit of crumbling just on the edges of the first couple of slices, this is normal and indicative of the tenderness of the meatloaf (zero crumble indicates firm packed harder meatloaf which isn't as enjoyable!).
9. Ideal served with a dollop of ketchup, creamy mashed potatoes and steamed vegetables.