

Meatloaf and Roasted Tomatoes with Mushroom Ketchup

*Sam Beall & Marah Stets - "The Foothills Cuisine of Blackberry Farm"
Knoxville News Sentinel*

Servings: 6

MEATLOAF

*1 tablespoon bacon fat, butter or grapeseed oil
1 medium onion, finely chopped
1 1/2 pounds ground beef
8 ounces bulk pork breakfast sausage
2 large eggs, lightly beaten
3/4 cup sour cream or creme fraiche
1 tablespoon Worcestershire sauce
1/4 teaspoon ground mace
2 1/2 teaspoons garlic powder
1/4 cup fresh bread crumbs
1 tablespoon heavy cream
"Mushroom Ketchup" (see recipe under sauces), for glazing and serving*

ROASTED TOMATOES

*2 tablespoons pork fat or other flavorful fat
12 whole canned peeled Italian tomatoes, drained
1/4 teaspoon Kosher salt
1/8 teaspoon freshly ground black pepper
6 (3-inch) fresh thyme sprigs
2 cloves garlic, peeled and left whole*

Preheat the oven to 350 degrees.

To prepare the meatloaf: In a medium skillet, heat the fat over medium-high heat. Add the onion and cook, stirring occasionally, until softened, about 5 minutes. Scrape into a large bowl and let cool.

Add the beef, sausage, eggs, sour cream, Worcestershire, mace, garlic powder, bread crumbs and cream. Mix thoroughly but gently, without overly compacting the meat.

On a rimmed baking sheet, mound the meat mixture into a loaf that is about 10 x 5 inches.

Bake until the center of the loaf registers 150 degrees on a meat thermometer, 40 to 50 minutes. About 15 minutes before the end of cooking, brush some of the mushroom ketchup over the top of the meatloaf and begin preparing the tomatoes.

Remove the meatloaf from the oven. Let the loaf rest for at least 10 minutes.

Increase the oven temperature to 450 degrees.

To prepare the roasted tomatoes: In a large oven-proof skillet, heat the fat over medium high heat until it sizzles. Add the tomatoes and turn to coat them in the fat. Sprinkle with salt and pepper and arrange them in a single layer. Tuck the thyme sprigs and garlic among the tomatoes.

Transfer the skillet to the oven and roast until the tomatoes are very soft and lightly charred on the bottoms, 10 to 12 minutes. Discard the thyme and garlic. Serve hot.

To serve, slice the meatloaf and arrange on warmed plates with the tomatoes alongside. Pass the ketchup.

Per Serving (excluding unknown items): 405 Calories; 33g Fat (73.9% calories from fat); 22g Protein; 4g Carbohydrate; trace Dietary Fiber; 171mg Cholesterol; 215mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	405	Vitamin B6 (mg):	.4mg
% Calories from Fat:	73.9%	Vitamin B12 (mcg):	3.2mcg
% Calories from Carbohydrates:	4.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	21.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	33g	Folacin (mcg):	20mcg
Saturated Fat (g):	13g	Niacin (mg):	5mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	171mg	% Refused:	n n%
Carbohydrate (g):	4g		
Dietary Fiber (g):	trace		
Protein (g):	22g		
Sodium (mg):	215mg		
Potassium (mg):	352mg		
Calcium (mg):	31mg		
Iron (mg):	3mg		
Zinc (mg):	4mg		
Vitamin C (mg):	6mg		
Vitamin A (i.u.):	121IU		
Vitamin A (r.e.):	34 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 405 **Calories from Fat:** 299

% Daily Values*

Total Fat 33g	51%
Saturated Fat 13g	67%
Cholesterol 171mg	57%
Sodium 215mg	9%
Total Carbohydrates 4g	1%
Dietary Fiber trace	2%
Protein 22g	
Vitamin A	2%

Vitamin C	
Calcium	3%
Iron	14%

** Percent Daily Values are based on a 2000 calorie diet.*