
Meatloaf Patties with Bacon Gravy and Peas

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MEATLOAF PATTIES

4 tablespoons extra-virgin olive oil, divided
2 slices marble rye or regular bread (or 1/2 cup breadcrumbs)
splash milk
1 1/2 pounds ground sirloin
1/2 large onion, grated
2 tablespoons Worcestershire sauce
2 teaspoons grill seasoning
1 teaspoon Dijon Mustard
1 egg, beaten
1/4 cup parsley, chopped
salt
freshly ground black pepper
1/2 cup Parmigiano-Reggiano cheese, grated

BACON GRAVY

2 tablespoons extra-virgin olive oil
6 slices bacon, chopped
1/2 large onion, sliced
2 tablespoons flour
1 rounded tablespoon tomato paste
1/2 bottle beer
1 cup beef stock

PEAS

2 tablespoons butter
1 box (10 ounces) frozen peas
1/2 cup chicken stock, divided

Preheat a large nonstick skillet over medium-high heat with two tablespoons of olive oil.

Make the meatloaf patties: Tear the bread into chunks and toss into a food processor. Grind until you get breadcrumbs (1/2 cup). Transfer to a bowl and add a splash of milk to moisten the breadcrumbs. While the bread is soaking up the milk, combine the ground sirloin, grated onion, Worcestershire sauce, grill seasoning, mustard, egg, parsley, salt, pepper and cheese.

Wring the breadcrumbs out and add them to the meat mixture. Mix with your hands to combine. Score the meat into four equal portions. Form into four large, oval 3/4-inch thick patties. (Wash your hands after handling the raw meat.)

Cook the patties for about 7 minutes on each side or until cooked through. Remove to a plate and cover with foil to keep warm until serving time.

Make the bacon gravy: In a saucepan over medium-high heat, add two tablespoons of olive oil. Add the bacon and cook until crispy. Remove the bacon with a slotted spoon to a paper towel-lined plate. Reserve.

Drain all but two tablespoons of the bacon fat from the pan. Add the sliced onion. Cook for about 2 minutes. Sprinkle the onions with the flour. Cook for about 1 minute. Stir in the tomato paste and cook for one minute. Whisk in the beer and the beef stock. Bring to a bubble. Cook until thickened, about 3 to 4 minutes.

Make the peas: In a medium skillet over medium heat, melt the butter. Add the peas and chicken stock. Let the chicken stock reduce slightly and place in a serving bowl. Garnish with the reserved bacon.

Serve the patties with mashed potatoes with cream cheese and chives with the peas alongside.

Per Serving (excluding unknown items): 3206 Calories; 246g Fat (70.5% calories from fat); 160g Protein; 72g Carbohydrate; 12g Dietary Fiber; 776mg Cholesterol; 6050mg Sodium. Exchanges: 1 1/2 Grain(Starch); 21 Lean Meat; 7 Vegetable; 36 Fat; 1/2 Other Carbohydrates.