

MEAT LOAF WITH NUTS



Type of dish :

Main courses

Categories :

Spices and condiments

Meat and cold cuts

Ingredients

- ✓ 350 g leftover boiled beef
- ✓ 50 g butter
- ✓ 1 finely chopped onion
- ✓ 3/8 cup (8 cl) wholemeal flour
- ✓ 1 1/4 cups (30 cl) beef stock
- ✓ 1 teaspoon of Chili sauce
- ✓ 2 tablespoons of oil
- ✓ 450 g potatoes
- ✓ 25 g butter
- ✓ 1/4 cup (5 cl) of milk
- ✓ grated nutmeg
- ✓ 25 g crushed wheat
- ✓ 50 g grated cheese

Preparation

Melt the butter in a casserole and fry the onion over a low heat until tender.

Dust with flour, mix and cook for one minute. Gradually sprinkle with the stock, the Chili sauce and the Worcestershire sauce. Season lightly with salt and pepper.

Cook until the sauce is of a smooth, thick consistency, then remove from the heat and allow to cool.

During this time, chop the nuts. Chop the beef with a knife. When the sauce is cold, mix in the nuts and the beef. Oil a 1 litre mould, pour in the prepared meat and place in the refrigerator. Boil a saucepan of salted water. Peel the potatoes, wash and cook in the boiling water for 12 min. Drain and mash with the butter and sufficient milk to produce a creamy purée. Add salt, pepper and a pinch of nutmeg.

Pre-heat the oven to 200°C. Turn out the meat loaf onto a gratin dish. Cover the top and sides with mashed potato.

Mix together the crushed wheat and grated cheese. Coat the meat loaf and bake in the oven for 30 minutes, until the wheat and cheese are golden. Serve immediately.

