

Meat Loaf

Ingredients

4 eggs
4 onions
1 knob garlic minced
5 tablespoons duck fat or butter
1 teaspoon table salt
1 teaspoon Worcestershire sauce
1 kg ground beef
2 cups fresh breadcrumbs
10 slices of streaky bacon
1 large roasting pan

Method:

1. Preheat the oven to 220° C
2. Hard boil 3 eggs for 7 minutes. Refresh them in cold water – peel shell and put aside.
3. Peel and chop the onions, and heat the butter in a thick-bottomed frying pan. Cook the onions gently sprinkled with the salt, for about 20 to 25 minutes or until the onions are golden. Remove to a bowl to cool.
4. Put the Worcestershire sauce and ground beef into a bowl, and when the onion mixture is not hot to the touch, add to the bowl and work everything together with your hands.
5. Add the remaining raw egg and mix again before finally adding the breadcrumbs.
6. Divide the mixture into 2, and in the pan, make the bottom half of the meatloaf by patting half the beef mixture into a flattish oval shape approximately 200mm long. Place the 3 hard-boiled eggs in a row down the middle of the meatloaf.
7. Shape the remaining mixture over the top of the eggs and pat into a solid loaf shape. Compress the meatloaf to get rid of any holes, but don't overwork it.
8. Cover the meatloaf with slices of bacon, as if it were a terrine, tucking the bacon ends underneath the meatloaf as best you can to avoid its curling up as it cooks.
9. Bake for 1 hour, until the juices run clear and once it's out of the oven let the meatloaf rest for 15 minutes. This should make it easier to slice. When slicing, do it generously, so everyone gets some egg. Pour meat juices over as you serve or do what you will gravy-wise.