

GF Friendly

Dorset Meatloaf

a meatloaf with beef, bacon and a difference

Yet another recipe from Kate Easlea, she called this Bere Regis Sausage; admitting, however, that it is more a meatloaf than a sausage. Call it what you like, it's easy to make and very tasty. I've added an extra egg, because my first try was a little crumbly.

- 500g minced beef
- 500g minced bacon
- 150g fresh breadcrumbs
- ½ tsp ground mace
- 1 tsp ground nutmeg
- 3 beaten eggs
- 1 tsp olive oil
- 25g toasted fresh breadcrumbs
- Salt & pepper (optional)



Use a processor to make the breadcrumbs from the fresh bread, or chop very finely by hand. It can actually be stale, but definitely not mouldy! Remove the rind from the bacon, cut into small squares and either process or mince so that it is as fine as the beef mince. Mix the bacon with the beef thoroughly (the back of a fork is good for this).

Combine the breadcrumbs with the eggs, spices and seasonings if used, then work in the meat. Be very particular with this stage to break up any large lumps of meat.

Line a loaf pan with baking paper, press in the meat mixture evenly, and place this in a larger tin containing about 1.5 cm of water. This is to humidify the oven. Cover the baking pan with foil and bake for approximately 60 minutes on 160°C fan-forced (170°C conventional). Remove the foil and continue cooking for a further 30 minutes.

In the meantime, toast the rest of the breadcrumbs in a small frypan with a teaspoon of oil. Once the meatloaf is cooked, sprinkle with the toast crumbs, slice and serve. The meatloaf can also be served as cold dish, or sliced thinly as a filling for rolls and sandwiches.

Serves 6 with vegetables and gravy

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