



3059-JK Hopyard Road . Pleasanton, CA 94588  
(925) 600-7267 . www.pansonfire.com

Fall is finally here and my culinary thoughts turn to comfort food. Even though we have some warm days ahead, cool evenings allow us to heat up the oven and let roasting bring out the best in meats and veggies. For me, meatloaf is a comforting dish. Surrounded by russet potato wedges that brown up beautifully in the oven, then a rich brown gravy made from the caramelized goodies in the bottom of the pan. Old fashioned? Yes! Delicious? You betcha!

### **Classic Meatloaf** (gluten-free)

Serves 8

1 c finely chopped onion	½ c celery, finely chopped
½ c grated carrot	2 cloves garlic, finely minced
½ tsp dry mustard	½ tsp dried oregano
1 c old fashioned oatmeal (GF)	½ c milk
1 egg	1 tsp kosher salt
½ tsp freshly ground black pepper	1 ½ lb ground beef (85/15)
½ lb ground pork	½ c ketchup
2 Tbsp brown sugar	2 tsp balsamic vinegar

1. Preheat oven to 350°F. Spray a roasting pan with non-stick spray and set aside.
2. In a large bowl, soak the oatmeal in the milk for 5 to 10 minutes. Beat in the egg, salt, pepper, dry mustard, and oregano.
3. Pluck about 1" pieces of meat from their packages and scatter on top of the oatmeal mixture.
4. Scatter the onions, celery, garlic and carrots on top of the meat pieces. With wet hands (yes, wet hands), gently combine the meatloaf ingredients. Try not to squeeze or overwork the mixture even as tempting as it may be.
5. Transfer the mixture to the prepared pan and form into a loaf shape about 9" to 10" long and 4" to 5" wide. Press your fingers about ½" into the bottom of the loaf to make an indentation or gap from the bottom of the pan.
6. Roast meatloaf about 1 hour (meat thermometer should read 155°F), brushing it with the glaze (whisk together ketchup, brown sugar and vinegar) halfway through roasting. Let the loaf rest 10 minutes before cutting into serving pieces.

**Shopping List:** Ground beef, ground pork, gluten-free oatmeal (e.g. Bob's Red Mill)

**Equipment Needed:** Cutting board and knife, large mixing bowl, deep roasting pan, spatula, tongs, whisk, measuring cups and spoons, meat thermometer, serving platter

**Pantry Staples:** onion, carrots, celery, garlic, dried oregano, dry mustard, milk, egg, salt and pepper, ketchup, brown sugar, balsamic vinegar, non-stick spray