

Send Us Your Recipes!

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Cooking with the Club

with Chef Robert Larios



Irish Meatloaf

DIRECTIONS:



1 Preheat the oven to 375F. Place the ground beef in a bowl and add ingredients: the bread crumbs, diced onion, ketchup, yellow mustard, Worcestershire sauce, crushed juniper berries, chopped chives, parsley, oregano, beaten egg, salt, pepper and diced potatoes.



2 Begin mixing ingredients to the ground beef – wash your hands before handling the product. Wash your hands afterward as well.



3 Add your butter or olive oil to the loaf pan and apply to all sides of the inside of the pan. Then add the ground beef mixture and press down to create a level top surface.



4 Place in the oven and let bake at 375F for about 60 to 75 minutes. Take the meatloaf out of the oven and let cool for about 20 minutes before serving.

I was in downtown Los Angeles one Saturday and was approached by a few members from the Department of Airports about making a meatloaf recipe available in *Alive!* I promised to make it for the March newspaper, not realizing that the March edition traditionally has an Irish overtone to it. So I set out to find an Irish Meatloaf recipe – if it even existed.

Meatloaf is a dish that exists in many countries aside from the United States, from Denmark to Macedonia. Each country has its own variation, adding herbs or spices that change the flavor of the meatloaf. In my research to discover one from Ireland, I discovered that... it is not particularly common there. However, I did locate one, and it is below. It has juniper berries (optional, of course). If you can't find some at the market, do without it. The recipe also calls for butter and potatoes, which sounds like it belongs to the region. While I am not entirely sold on the idea that this is a true Irish dish, it still is very tasty and will go well for dinner St. Patrick's Day or any other day.



Irish Meatloaf

INGREDIENTS:

- 2 oz. butter (you may substitute with olive oil)
- 5 oz. breadcrumbs
- 1 small onion, diced
- 1 lb. minced beef
- 1 tbsp. ketchup
- 1 tbsp. yellow mustard
- 1 tsp. Worcestershire sauce
- 1 tsp. crushed juniper berries (optional)
- 1 tbsp. finely chopped chives
- 1 tbsp. finely chopped parsley
- 1 tsp. oregano
- 1 egg, beaten
- Sea salt and pepper, to taste
- 1 cup diced potatoes

Makes 4 Servings

Cooking TIDBIT:

If you don't want to use butter, olive oil will work as well.



[A Cook's Dictionary]

Worcestershire Sauce:

Though this condiment was originally developed in India by the English, it takes its name from the fact that it was first bottled by in Worcester, England. It's a thin, dark, rather piquant sauce used to season meats, gravies, soups and vegetable juices, and as a table condiment. Worcestershire's formula usually includes garlic, soy sauce, tamarind, onions, molasses, lime, anchovies, vinegar and various seasonings.

– From the *The New Food Lover's Companion*, Sharon Tyler Herbst, 1995, Barron's Educational Series.



5 Plate a slice and add a little parsley for presentation, and enjoy!

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Food Factoid: "As a kid, my family's menu consisted of two choices: take it or leave it."

– Buddy Hackett