

italian meat loaf

1/2-3/4 c each: fresh-made French and Italian bread crumbs & milk to soak , about 1/2 c

1 pkg. frozen spinach thawed & drained well

500g veal, finely ground (suggested scaloppini)

500g pork, finely ground (suggested tenderloin)

250g sweet Italian sausage, crumbled

1/2 c onion, finely minced

2 eggs, beaten

1/2 tablespoon salt

1/2 teaspoon each dried basil, thyme & nutmeg

1/2-3/4 c fresh-grated Parmesan cheese

1/2-3/4 c pine nuts (toasted & coarsely chopped)

Soften bread crumbs in milk. Mix all ingredients, except the pine nuts in a large bowl by hand until well mixed. Add nuts and gently fold into meat mixture. Gently put into meatloaf pan (at this point, you may make a large loaf or shape into cylinders). Do not pack. Score the top and bake at 180C for 1 1/2 hours. Turn over and bake another 15 minutes (bake time is the same regardless of one large loaf or smaller cylinders). Cool in pan, basting with juices if possible. This freezes well.

PAIR WITH *Chrismont LA ZONA Barbera 2002*

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