

ROLLED MEAT LOAF

Equipment:

Measuring Spoons
Measuring Cup
Microwave safe plastic bowl with cover
Wooden Spoon or High Temp Rubber Spatula
Wax Paper

Ingredients:

1 1/2 lb. ground beef 750 g
3/4 cup bread crumbs 150 ml
2 tbsp ketchup 25 ml
1 tbsp Worcestershire sauce 15 ml
1 tsp Kitchen Bouquet 5ml
1 tsp salt 5 ml
1/4 tsp pepper 1ml
1 egg 1

Procedure:

1. Combine ground beef and other ingredients and knead together lightly.
2. Spread between 2 sheets of wax paper and shape in a rectangle.
3. Remove top sheet of paper.
4. Spread one of the fillings evenly over meat.
5. Roll up from narrow end, lifting paper to help roll.
6. Pat seams together.
7. Place in a loaf pan.
8. Cover with wax paper.
9. Cook at **P7** 4 minutes then at **P4** 12 - 17 minutes, or until the meat is no longer pink.
10. Let stand 5 minutes.

Chefs Tip: Filling Variations:

Mexican: 1/2 cup (125 ml) salsa and a few drops of hot pepper sauce.

Asparagus: 10 - 12 cooked asparagus spears and 1 cup (250 ml) of grated cheddar cheese.

Rice: 1 1/2 cups (375 ml) of cooked rice, 1/2 cup (125 ml) of grated mozzarella cheese and 1 tsp (5 ml) of oregano and dash of salt and pepper.

Plain: Omit filling and pat into a loaf pan.