

RETRO RECIPE



1969 - Pat Nixon's Meatloaf

2 tablespoons butter
1 cup finely chopped onions
2 garlic cloves, minced
3 slices white bread
1 cup milk
2 pounds lean ground beef
2 eggs, lightly beaten
1 teaspoon salt
Ground black pepper, to taste
1 tablespoon chopped fresh parsley
1/2 teaspoon dried thyme
1/2 teaspoon dried marjoram
2 tablespoons tomato purée
2 tablespoons bread crumbs

1. Grease a 13-by-9-inch baking pan.
 2. Melt butter in a sauté pan, add garlic and sauté until just golden -- do not brown. Let cool.
 3. Dice bread and soak it in milk.
 4. In a large mixing bowl, mix ground beef by hand with sautéed onions and garlic and bread pieces. Add eggs, salt, pepper, parsley, thyme and marjoram and mix by hand in a circular motion.
 5. Turn this mixture into the prepared baking pan and pat into a loaf shape, leaving at least one inch of space around the edges to allow fat to run off.
 6. Brush the top with the tomato purée and sprinkle with bread crumbs. Refrigerate for 1 hour to allow the flavors to penetrate and to firm up the loaf.
 7. Preheat the oven to 375 degrees.
 8. Bake meatloaf on lower shelf of oven for 1 hour, or until meat is cooked through. Pour off accumulated fat several times while baking and after meat is fully cooked.
 9. Let stand on wire rack for five minutes before slicing.
- Makes 6 servings

FLOUR