

PORK MEATLOAF

WITH Black Raspberry Glaze

»— The Vitals —«

Serves: 6-8

Prep Time: 1 day

Cook Time: 30-40 minutes

Supplies: Loaf pan or cookie sheet with sides, bowl, basting brush, meat thermometer

This meatloaf is one hundred percent pork, which in the world of meatloaves, is a little unusual. It will cook off more fat than is normal with a meatloaf, but all that fat is part of what makes this particular meatloaf so juicy. This recipe doesn't require that the meat sit overnight, but if you have the time it will be worth waiting for the flavors to make friends with one another. As a variation you can also make this recipe into meatballs.

»— What You Need —«

For the Sauce

- 1 cup of your favorite BBQ sauce (make your own if you have time)
- 1/2 cup black raspberry jam (you can also use blackberry or current jam)
- 1 tablespoon sorghum or molasses
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon salt
- Pinch cayenne pepper

For the Meatloaf

- 2 pounds Hand Hewn pork sausage
- 3 cloves garlic, grated or chopped fine
- 1 free range egg from Hand Hewn Farm
- 1/2 cup milk
- 3/4 cup bread crumbs
- 1/4 cup milled flax seed
- 1 teaspoon thyme
- 1 teaspoon tarragon
- 1/2 teaspoon salt
- Pinch or two cayenne pepper

»— How to —«

Mix all the ingredients for the sauce together in a small sauce pan. Simmer on low until it reaches desired thickness. Set aside or put in a jar to store in the fridge until you are ready to cook the meat.

Measure all the ingredients for the meatloaf into a bowl, then mix. You can mix with a spoon but it is quite effective if you are willing to use your hand. Cover and put in fridge overnight if possible. Preheat oven to 350°. When ready to cook either put meat into a loaf pan or form into a loaf and place in the center of a cookie sheet. Brush a layer of sauce all over loaf. Baste about every ten minutes while the loaf is cooking. Check the temperature of the loaf after 20 minutes. Depending on your oven it may take 30-40 minutes to reach the desired temperature. Finished internal temperature of the loaf should be 145. Serve with mashed potatoes and a salad. There should be extra sauce to serve with the loaf if desired.