



GEORGE CHIALA'S RECIPE OF THE MONTH COLLECTION

JAN 2010
Recipe 7

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Hearty Winter Turkey Meatloaf with Baby Portabella Mushrooms & Herbs

PREPARATION

For Turkey Meatloaf:

- 1 - Preheat oven to 400°F.
- 2 - Cook onion and garlic in oil in a 12-inch nonstick skillet over moderate heat, stirring until onion is softened, about 2 min. Add carrot and celery and cook, stirring, until softened, about 3 min. Add mushrooms, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring, until liquid mushrooms give off is evaporated and they are very tender, 10-15 min. Stir in Worcestershire sauce, parsley, and 3 tablespoons ketchup. Transfer vegetables to a large bowl and cool.
- 3 - Stir together bread crumbs, egg and egg white, and then add to vegetables. Add turkey and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper to vegetable mixture and mix well with your hands.
- 4 - Form into a 9- by 5-inch oval loaf in a lightly oiled 13- by 9- by 2-inch metal baking pan and brush meatloaf evenly with remaining 2 tablespoons ketchup. Bake in middle of oven until thermometer inserted into meatloaf registers 170°F, about 50-55 minutes.
- 5 - Let meatloaf stand 5 minutes before serving.

For Baby Brussels Sprouts:

- 1 - Put oven rack in middle position and preheat oven to 350°F.
- 2 - Spread pecan pieces in 1 layer in a shallow baking pan and bake until fragrant and a few shades darker, about 10 minutes. Add 1/2 tablespoon butter and 1/4 teaspoon salt to nuts and toss until butter is melted and nuts are coated.
- 3 - While nuts bake, cook Brussels sprouts in a 6- to 8-quart pot of boiling salted water, uncovered, until just tender, 5 to 6 minutes, then transfer to a bowl of ice and cold water to stop cooking. Drain sprouts and pat dry.
- 4 - Melt remaining 2 1/2 tablespoons butter in a 12-inch heavy skillet over moderate heat, then add garlic and cook, stirring, until fragrant, about 1 minute. Increase heat to moderately high, then add sprouts and sauté, stirring occasionally, until browned in patches, about 5 minutes. Add lemon juice, pepper, and remaining 1/2 teaspoon salt, then stir in pecans and serve.



Hearty Winter Turkey Meatloaf with Baby Portabella Mushrooms & Herbs

Cook's Note: This is one of my favorite comfort food meals. I think the baby portabella (cremini) mushrooms and herbs really enhance the flavor of the turkey meatloaf, and the country style mashed potatoes and baby brussels sprouts with buttered pecans are nice accompaniments.

Bon Appetit!
-George

(photo by Marc-Henri)

INGREDIENTS

For Turkey Meatloaf:

- 1 1/2 cups finely chopped onion
- 2 tablespoons GC Farms' minced garlic
- 1 teaspoon GC Farms' extra virgin olive oil
- 1 teaspoon GC Farms' roasted garlic olive oil
- 1 medium carrot, cut into 1/8-inch dice
- 1 medium celery stalk, cut into 1/8-inch dice
- 3/4 pound cremini mushrooms, trimmed and very finely chopped in a food processor
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons Worcestershire sauce
- 1/2 cup finely chopped fresh parsley
- 1/4 cup plus 1 tablespoon ketchup
- 1 cup fine fresh bread crumbs (from 2 slices firm white sandwich bread)
- 1 whole large egg, lightly beaten
- 1 large egg white, lightly beaten
- 1 1/4 pound ground turkey (mix of dark and light meat)

For Baby Brussels Sprouts:

- 1/2 cup pecan halves, cut crosswise into thirds
- 3 tablespoons unsalted butter
- 3/4 teaspoon salt
- 2 pounds baby Brussels sprouts, trimmed
- 1/2 tablespoon minced garlic
- 1 teaspoon fresh lemon juice, or to taste
- 1/4 teaspoon black pepper

COOK'S NOTE:

This is one of my favorite comfort meals. The baby portabella (cremini) mushrooms and herbs really enhance the flavor of the turkey meatloaf, and the county style mashed potatoes and baby Brussels sprouts are nice accompaniments.

Bon Appetit!
-George