



AMERICAN (AMISH)

Amish Meatloaf with Brown Sugar Glaze

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	15 min	1 hr 10 min	Bake	Ground beef

Ingredients

- 900 g (2 lb) ground beef, 85/15
 - 50 g (½ cup) quick-cooking rolled oats
 - 125 ml (½ cup) milk
 - 2 eggs
 - 1 onion, finely chopped
 - 1½ tsp salt
 - ½ tsp black pepper
 - 1 tsp dry mustard
- GLAZE**
- 125 ml (½ cup) ketchup
 - 3 tbs brown sugar
 - 1 tbs cider vinegar

Steps

1. Heat the oven to 175°C (350°F). Line a baking pan with parchment.
2. Soak the oats in the milk for 5 minutes, until softened.
3. Add the beef, eggs, onion, salt, pepper and mustard and mix by hand until just combined. Overmixing makes a tough loaf.
4. Shape into a loaf about 23 × 12 cm (9 × 5 in) on the pan. A free-form loaf browns better than one in a tin.
5. Stir the glaze ingredients together and spread half over the top.
6. Bake for 50 minutes. Spread on the rest of the glaze and bake 15 to 20 minutes more, until it reads 71°C (160°F) in the centre and the glaze is sticky.
7. Rest for 10 minutes before slicing so it holds together.

Notes

- **Leftovers:** cold meatloaf sandwiches on homemade bread are an Amish lunch favourite.
- **No oats?** Use 70 g (1 cup) cracker crumbs or fresh breadcrumbs instead.
- **Serving:** mashed potatoes, buttered corn and chow-chow or pickles.
- **Make ahead:** shape the loaf a day ahead, cover and refrigerate; add 10 minutes to the bake.
- **Freezer:** wrap cooled slices well and freeze up to 3 months; thaw overnight in the fridge and reheat until steaming hot, 74°C (165°F).
- **Chef's touch:** slice with a serrated knife using a gentle sawing motion, so the rested loaf stays neat and doesn't crumble.