

## The Absolute Best Ever ~~ Meat Loaf ~~

This is a recipe that Mrs Sharon Prentice puts together and delivers to her special guests. Kindly reproduced here for your enjoyment.

- 500 grams mince
- 1 cup breadcrumbs
- 1 pkt sausage meat
- 1 egg
- 1 chopped onion
- 1 tbsp parsley
- ½ cup milk
- ½ cup water
- 1 tbsp curry powder
- 2 cloves garlic
- ½ - 1 tbsp mixed herbs
- Salt/Pepper

Mix it all up, making it into the shape of a loaf. Put into a roasting dish.

Oven 180c to 200c – bake for 30 minutes.

Sauce: (cook and simmer 5 minutes), it does not hurt to double these quantities, as the sauce is brilliant – to be served at the table in a ‘sauce boat’ – to pour over the loaf slices and over roast vegetables etc.

- ½ cup water
- 1 tbsp Worcestershire sauce
- 1 tbsp vinegar
- ½ cup brown sugar
- 1 tbsp coffee
- ½ cup tomato sauce
- 1 tbsp lemon juice
- ½ oz (15gm) butter

After baking the loaf for 30 minutes, pour some of the sauce over the loaf and then baste frequently – cooking for a further 45 minutes.

Be sure to keep enough sauce for the table as suggested above.

Enjoy ☺



BONUS: Aleki will come and cook this at your house/work if you want. He will network as he does for business.

Recipe by Mrs Sharon Prentice – please send feedback/photos to [bon@cafeblog.nz](mailto:bon@cafeblog.nz), thank you.  
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