

## Meat Loaf and Potatoes

Written by Sunny Anderson  
Wednesday, 07 December 2011 16:14

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Meatloaf

Courtesy of Sunny Anderson

### Ingredients

#### Spicy Ketchup Sauce:

1 1/2 cups ketchup

1 1/2 teaspoons apple cider vinegar

2 tablespoons sriracha hot chili sauce

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### Meatloaf:

2 tablespoons Worcestershire sauce

1 egg

2 teaspoons salt

1/2 teaspoon freshly ground black pepper

1 teaspoon sweet paprika

4 cloves garlic, grated (on a rasp)

8 sprigs fresh thyme, leaves stripped and chopped

1/2 cup chopped Vidalia onion

1 scallion, minced

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1 pound ground chuck, divided

1 pound ground dark meat turkey, divided

2 slices potato bread, lightly toasted and cut into 1/4-inch cubes, divided

Special equipment: 9 by 5-inch loaf pan

### Directions

Preheat the oven to 375 degrees F.

For the spicy ketchup sauce: Add the ketchup, vinegar and hot chili sauce to a bowl and stir. Reserve 1/2 cup for the meatloaf.

For the meatloaf: In a large bowl, whisk together the Worcestershire sauce, egg, salt, pepper,

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paprika, garlic, thyme, onions, scallions and reserved spicy ketchup sauce. Crumble half the chuck into the bowl, followed by some bread, then half the turkey pile on some more bread cubes. Repeat with the other half of meat and remaining bread. (So a half pound of crumbled chuck, some bread, then a half pound of ground turkey, some bread and repeat until done. Adding this way will make mixing easier and lighter for a juicier loaf.) Gently mix with 1 hand, bringing the egg mixture from the bottom to the top and around until everything is gently combined. Place into a 9 by 5-inch loaf pan, flatten the top and pour the remaining spicy ketchup sauce over the top evenly. Bake in the oven for 60 minutes. Remove and allow to rest for 10 minutes.

Tilt the loaf pan slowly to 1 corner and discard any excess fat or juices from the pan while holding the loaf inside. Don't worry, the meatloaf will still be juicy! Slice into 1-inch thick portions. Serve warm and if there's anything left, refrigerate it and enjoy a meatloaf sandwich for leftovers the next day.

## **Sage Potatoes Au Gratin**

### **Ingredients**

3 tablespoons butter, divided

2 cups heavy cream

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1/2 teaspoon kosher salt, plus more for seasoning

10 fresh sage leaves

1 pound russet potatoes

Cayenne pepper

1/2 cup grated Manchego cheese

### Directions

Preheat the oven to 400 degrees F. Butter an 8 by 8-inch casserole dish using 1 tablespoon of the butter.

In a pot, add the heavy cream, 1/2 teaspoon salt, and sage leaves. Bring to a simmer and steep for 10 minutes. While steeping, peel and slice the potatoes 1/8-inch thick on a mandolin. Begin to layer the potatoes on the bottom of the prepared dish, overlapping each slice by half. When the first layer of potatoes is complete, season with salt, cayenne pepper, and sprinkle with a third of the cheese. Repeat two more times, ending with a final layer of just potatoes.

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Strain the heavy cream and discard the sage. Pour the heavy cream over the casserole, pressing the potatoes down. Dot the remaining 2 tablespoons butter in pieces evenly over the top of the potatoes. Cover with aluminum foil and place in the oven, lowering the temperature to 350 degrees F. Bake, covered, for 40 minutes. Uncover and bake 20 minutes more. Serve hot.

## **Sweet 'n' Corny Hoecakes**

### **Ingredients**

1 cup flour

1 cup cornmeal (recommended: Indian Head)

1/4 cup sugar

1 1/2 teaspoons baking powder

Kosher salt

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3/4 cup frozen yellow corn, thawed

1 egg, beaten

1 1/2 cups milk, plus extra to thin batter

2 teaspoons vegetable oil, plus extra for frying

Maple syrup, for serving

### Directions

In a large bowl combine flour, cornmeal, sugar, baking powder, and 1 teaspoon salt.

In a medium bowl, whisk the thawed corn, egg, milk, and vegetable oil. Pour into the bowl with the dry ingredients and combine. Allow to rest for 5 minutes.

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Preheat the oven to 200 degrees F.

In a cast iron pan on medium-high heat, add enough vegetable oil to fill the pan about 1/2-inch deep. When the oil begins to swirl, add the batter in batches to the pan using a small ice cream scoop or 1/4 cup measure to make each hoecake. Gently spread into a circle, if needed. Flip the hoecakes when the air pockets begin to pop on the surface of the batter and a peek underneath the cake reveals a golden rim and surface, about 2 minutes.

Once the second side is golden brown, transfer the hoecakes to a baking sheet in a warm oven and continue making the rest. Serve with maple syrup

## **Chef Carolyn's Corner**

### **Turkey Soup**

**From Gumbo to Won-Ton, A good Soup Is "Anytime"**



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**Thanksgiving was great!!!!**

**Here's hoping the same for you and your family....**

**Holidays really is a time to re fuel family ties, friends, its a Season for the Souls to re connect if you know what I mean?**

**This week lets talk soups if you're like most of us we had way too much food leftover and traditionally we know that the turkey Caucus went in the freezer for future for a Gumbo or a just Turkey Vegetable soup.**

**A good soup is easy to make especially if you use the freshest ingredients when they are in season**

**A good stock is also a necessary ingredient although it takes time the end result is worth it.**

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Chef Carolyn

### Ingredients

2 tablespoon butter

1 large carrot

1 Sweet onion chopped

1 stalk celery, chopped

1 cup chopped mushrooms (optional)

1 1/4 quarts of turkey stock

2 teaspoon of thyme

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1 cup of chopped turkey meat

Creole seasonings to taste/ or salt and pepper to taste

Roast the turkey carcass in the oven

Boil in large pot of water. Add onion, celery, carrots, peppercorns, bay leaves, creole seasoning

Boil down to 1 1/4 quarts of stock

Strain/set aside

Melt butter in pot and the onions, carrots, celery and mushrooms and cook for 3 to 4 minutes.

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Stir in the turkey stock and bring to boil...skim off any foam that forms to the surface.

Add the thyme and a Bay leaf

lower and cover simmer for 30 minutes

Add the the turkey and season to taste cook until the taste is where you want it.

Hey this Yumbalicious!!!!

Cooking tip

When cooking your great meals for this season also keep in mind that the right pots are essential.

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Zydeco Yumbolicious Soup recipes from Chef Carolyn's cookbook

## **Tasso, Chicken, & Shrimp Soup**

Hey don't be scared of this recipe because you the see Tasso ( if you can't find it /use ham)

### **Ingredients**

4 ounces of boneless chicken breast

4 ounces of (Cajun Tasso)

4 ounces of shelled shrimp

3 cups of chicken stock

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Sea salt

Chopped green onions

### **Directions**

Thin slice the chicken breast and tasso in small pieces, and if you use Large Shrimp cut in half.

In a Wok or sauce pan bring stock to a rolling boil

Add the chicken and Tasso and let cook for 5 min then add shrimp.

Add Salt/ nano dash of Creole seasoning and let simmer for 2 more minutes.

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Ready to serve/ finish with chopped green onions.

Remember that uncooked shrimp impart the best flavor for most dishes so please use fresh if you can.