



### Caramelised Onion Meatloaf by Sian Hindle

This recipe is both simple to make, comforting and will be enjoyed by all the family. Alternatively it can be glammed up to serve as a smart starter, accompanied with a baby leaf salad and a drizzle of balsamic dressing.

Make sure you use top quality minced beef with a low fat content

### Caramelised Onion Meatloaf

1tbsp Olive Oil  
400g (2) large Onions , finely sliced  
50g Brown Sugar  
60ml White Wine Vinegar  
12 slices Black Forest Ham or Prosciutto  
1Kg Minced Beef  
Salt and Pepper  
1 Egg, lightly beaten  
70g Stale Breadcrumbs  
2 tbsp Tomato Paste  
1 clove Garlic, crushed  
2tbsp Tomato Sauce  
2tbsp Barbeque Sauce  
1tbsp Wholegrain Mustard  
1tbsp Brown sugar, extra

1. Preheat the oven to 200°C/Gas 6. Grease a 14cm x 21cm loaf tin (2lb), line the base and sides with the slices of ham, allowing a 7cm overhang on the long sides of the tin. (TIP If the ham is not long enough, place it on a chopping board and run the back of a knife along it to stretch it.
2. Heat the oil in a large frying pan, cook the onion stirring for about 5 minutes, until the onion softens and browns lightly. Add the sugar and vinegar, cook, stirring for about 15 minutes until the onion is caramelised. Cool.

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3. Combine the mince, egg, breadcrumbs, paste and garlic in a large bowl. Season well with salt and pepper. Press two thirds of the beef mixture into the tin, add the onion mixture and top with the remaining beef mixture. Press to firm up, then fold the ham slices over the top.
4. Bake the meatloaf uncovered for 40 minutes, then remove from the oven. Drain the excess juices/fat from the tin. Turn the tin upside down onto a foil lined baking sheet, remove the tin. BE CAREFUL as the tin will be hot.
5. Mix the sauces, mustard and extra sugar in a small bowl. Brush the loaf with the glaze, bake uncovered, basting occasionally with the glaze for a further 20 minutes or until cooked through. Stand the loaf for 10 minutes before slicing. Serve in thick slices, drizzled with a tomato sauce, or save this recipe for warmer days and make the loaf to take on a picnic.

Watch a video of Sian cooking this recipe on our blog

[www.lacreme.typepad.co.uk](http://www.lacreme.typepad.co.uk)

Cooking in company is a relaxing and enjoyable experience, have a go making this recipe and make a comment. Lets create a cooking community.



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