

Friday, April 11, 2008

April's Barbecued Meat Loaf

Prep time: 20 minutes

Grilling time: 50 to 60 minutes

Meat loaf

1-1/4 pounds ground chuck (80% lean)

1-1/4 pounds ground pork

1 cup yellow onion, finely chopped

1 large egg

1 teaspoon Worcestershire sauce

2 cups panko bread crumbs

1 teaspoon granulated garlic

1 teaspoon dried tarragon

1 teaspoon kosher salt

1 teaspoon freshly ground black pepper

Sauce

1/2 cup bottled barbecue sauce

1/4 cup ketchup

1. In a large bowl combine the meat loaf ingredients. Using your hands, mix until thoroughly combined.
2. Divide the meat loaf mixture in half and form into 2 loaves, about 4 inches wide and 6 to 7 inches long. Place the loaves on a baking sheet.
3. In a small bowl mix the sauce ingredients. Top each meat loaf with 3 tablespoons of the sauce mixture and coat thoroughly.
4. Using a metal spatula (you may need two), gently pick up each loaf from the baking sheet and place them directly on the cooking grate. Grill the meat loaves over **indirect medium-low heat** (about 300

Grilling Tip:

To make meat loaf sandwiches: Slice meat loaf into 1/2 inch thick slices; slather both sides with some of the remaining sauce. Grill over direct low heat (250