

Meat Recipes using Ground Meats

French Meat Loaf

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 36

Contributed by Diane Wolford Sheppard

1 pound ground beef
1 pound ground pork
1 pound ground veal
½ cup green onions, chopped
½ cup parsley, chopped
1 teaspoon salt
1 ½ teaspoons pepper
2 eggs, beaten
½ cup fresh bread crumbs
Milk
½ teaspoon rosemary or sage
Pinch of nutmeg
Bacon strips

1. Combine ground meat with onions, parsley, salt, pepper, beaten eggs, and bread crumbs (which have been soaked in a little milk), rosemary or sage and a pinch of nutmeg.
2. Mix thoroughly with the hands.
3. Shape into a loaf and place on a layer of bacon strips in an earthenware baking dish, casserole, or loaf pan.
4. Top with a few strips of bacon and bake uncovered at 325° for 1 ½ to 2 hours. This is delicious hot, but much better pressed and served cold. Press with a weight (a heavy flat stone or iron placed on a plate covering loaf).

Serves 10 to 12

Ragoût de Boulettes

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 22

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1 pound fresh lean pork, ground
½ pound beef, ground
¼ pound salt pork (or less)
1 small onion, minced
2 tablespoons parsley
¼ teaspoon powdered ginger
¼ teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon dry mustard
2 slices of bread
½ cup milk
Salt and pepper
3 teaspoon bacon fat or shortening
3 cups water

4 teaspoons browned flour
½ cup water

1. Pass meat 3 times through grinder or have the butcher do it.
2. Add onion, parsley, spices, and mustard
3. Soak cubed bread in milk and add to meat.
4. Add salt and pepper and roll mixture in palms of hands into little balls.
5. Fry meat balls in fat and when all are browned add 3 cups of water. Cover and boil gently for half an hour.
6. Shake browned flour and ½ cup water together in a fruit sealer or put into blender.
7. Add to meat-ball mixture and cook, while stirring, until gravy is thickened slightly.
8. Serve in a large casserole with boiled potatoes.

Serves 6