



MEATLOAF WITH BARBEQUE SAUCE

Submitted by Emma Robinson

INGREDIENTS

500g sausage Mince
500g beef or lamb mince
1 cup breadcrumbs
1 large onion
1 teaspoon curry powder
Salt and Pepper
Parsley
1 egg
½ cup milk
½ cup water

METHOD

Combine sausage mince and beef mince breadcrumbs, onions, curry powder, salt, pepper, parsley and lightly beaten egg in bowl. Combine together.

Gradually add liquids.

Shape mixture into loaf, place in greased baking dish and bake in moderate oven for 30-45 minutes.

Remove from oven, carefully pour off any surplus fat.

Pour sauce over loaf (leave some for basting).

Return to oven and bake for a further 45 minutes.

SAUCE

INGREDIENTS

½ cup water
½ cup tomato sauce
¾ cup Worcestershire sauce
2 tablespoons lemon juice
2 tablespoons vinegar
¾ cup brown sugar
1 tsp instant coffee
30g butter

METHOD

Combine all ingredients in saucepan, bring slowly to the boil,

Reduce heat, simmer 5 minutes.

Baste sauce regularly over meatloaf while cooking.