

Audacious Meat Loaf

I must admit I kind of feel that Meat Loaf has been played out a little over the years. Looking back over the 8 wonderful years I have lived in the United States, my palate has been exposed to so many slices of meat loaf. Without discrediting the people that have worked so hard in their kitchens to share their delights with me, I have never had the oral pleasure I feel I deserved, or even you deserve, when it comes to eating this recipe that we are served from childhood. When I headed to the kitchen to make this loaf I was not quite sure from what gardens around the world I would pull from, to produce this seductive creation. Just like I will always tell you, I ventured to the kitchen with an open heart and much like the days of the Beatles jamming together, I came out with not a song but a recipe that will make your taste buds shiver with waves of increasing desire to eat more. The bold spices will make your lips fill with bliss and comfort your soul.

Meat Loaf

2 tablespoons of oil
½ cup diced onion
½ cup diced celery
¼ cup diced green pepper
½ cup grated carrots
1 tablespoon curry powder
2 tablespoon Tandoori powder (or Paprika).
1 pound of ground pork
1 pound of ground beef
¾ cup Panko bread crumbs
½ cup yogurt
2 tablespoon fresh cilantro
2 tablespoon fresh mint
1 Egg

Grab a small frying pan and place on moderately high heat. Bathe bottom of pan with a couple of tablespoons of olive oil over medium heat. Add first four ingredients and gently cook for 5 minutes. Should be some sizzling and sexy noises coming from the pan but not any burning smells.

As you look, you will notice all the green peppers salsa dancing with the yellow onions and the celery doing the YMCA on the opposite side with the carrots and garlic. As they cook for several minutes they will start to sweat. Several songs later you'll start to notice, just like at any night club or party, everybody will have met their partners and be dancing together and looking beautiful, in slow harmony. It's time to smack these love birds with a kiss of spice; add the curry powder and the Tandoori powder. Gently cohere the mixture together. At this stage, your kitchen will be filled with an aromatic alluring essence that will permeate your senses, as you do pull the pan out of the heat to cool down

In a mixing bowl add the meat; smoothly shower it with a generous pinch of salt and pepper. Add the egg, yogurt, bread crumbs and delicately chopped fresh herbs with the luscious mixture to the bowl. Place your soft and warm hands in the bowl like a composer of the Philharmonic Orchestra and conduct all the ingredients into one magnificent symphony. Take your symphony and place it into a loaf softly patting it snugly into the pan. Tent it with aluminum foil and pop it into your pre-heated cozy oven. Let it have a great time in the oven for approximately 45 minutes to one hour. If you are worried about if it is cooked enough, feel free to insert a thermometer to find if it reads 160 degrees. After it comes out of the oven, let it rest for about 20 minutes before devouring it.