

Cape Malay Lamb Meatloaf



Servings: 8

Ground lamb rather than beef, pork, or veal – baked with a mixture of South African spices and a custard running through the meatloaf – makes a terrific café entree. The Institute of Culinary Arts in Stellenbosch, South Africa, developed the basic recipe, which includes a few of our own DuPont™ Teflon® test-kitchen variations here. The custard in the meatloaf yields a much less-firm meatloaf than the American diner version.

- ◆ 3 slices whole-wheat bread, crusts removed, cut into 1-inch dice
- ◆ 1-1/2 cups whole milk
- ◆ 2 tablespoons canola oil
- ◆ 2 medium onions, finely chopped
- ◆ 1 large carrot, shredded
- ◆ 1 gala apple, peeled and shredded
- ◆ 1-1/2 tablespoons curry powder
- ◆ 2 pounds ground lamb
- ◆ 1/4 cup golden raisins
- ◆ 1/4 cup mango or other similar chutney
- ◆ 1 tablespoon apricot or fig jam
- ◆ 1 tablespoon white wine vinegar
- ◆ Salt and pepper
- ◆ 2 eggs

Preheat the oven to 350 degrees. Place the bread in a medium bowl and add the milk; let stand for 15 minutes until moist.

In a large skillet coated with DuPont™ Teflon® non-stick coating, heat the oil. Add the onions and cook over medium heat for 2 minutes. Reduce the heat to moderately low, stirring occasionally until the onions are softened, about 10 minutes. Add the carrot and apple, and cook over medium heat for 3 minutes. Add the curry powder, stirring until fragrant, about 4 minutes. Add the lamb, stirring to break up the meat until no pink remains, about 5 minutes. Stir in the raisins, chutney, jam, and vinegar; cook for 2 minutes.

Squeeze the milk from the bread reserving the milk. Mash the bread into the lamb mixture until blended. Season with salt and pepper. Transfer to a 13- x 9-inch baking pan coated with DuPont™ Teflon® non-stick coating, smoothing out the surface.

In a medium bowl, whisk the eggs and the reserved milk and pour the mixture evenly over the lamb. Bake 35 minutes or until the custard is set. Let rest 10 minutes before serving.

