

MEATLOAF
(Polpettone al forno)

INGREDIENTS:

Servings: 2 people

Ground lean beef	150 g
Thinly sliced bacon	50 g
Small onion	1/2
White bread slice	1
Emmenthal cheese	50 g
Pistachio nuts	25 g
Grated lemon rind	a pinch
Mascarpone cheese	1 tbs
Egg	1
Vegetable oil	2 tsp
Grated Parmesan cheese	1 tsp
Dry white wine	2 tbs
Butter	1 tbs
Salt, pepper, cinnamon, nutmeg	pinch each
Italian parsley	garnish
Flour	to coat

Servings: 4 people

Ground lean beef	300 g
Thinly sliced bacon	75 g
Small onion	1
White bread slice	1
Emmenthal cheese	75 g
Pistachio nuts	25 g
Grated lemon rind	a pinch
Mascarpone cheese	2 tbs
Egg	1
Vegetable oil	1 tbs
Grated Parmesan cheese	2 tsp
Dry white wine	50 ml
Butter	2 tbs
Salt, pepper, cinnamon, nutmeg	pinch each
Italian parsley	garnish
Flour	to coat

Servings: 6 people

Ground lean beef	450 g
Thinly sliced bacon	100 g
Medium onion	1
White bread slices	2
Emmenthal cheese	100 g
Pistachio nuts	50 g
Grated lemon rind	a pinch
Mascarpone cheese	3 tbs
Eggs	2
Vegetable oil	2 tbs
Grated Parmesan cheese	1 tbs
Dry white wine	75 ml
Butter	3 tbs
Salt, pepper, cinnamon, nutmeg	pinch each
Italian parsley	garnish
Flour	to coat

Servings: 8 people

Ground lean beef	600 g
Thinly sliced bacon	125 g
Onion	1
White bread slices	2
Emmenthal cheese	125 g
Pistachio nuts	50 g
Grated lemon rind	a pinch
Mascarpone cheese	4 tbs
Eggs	2
Vegetable oil	2 tbs
Grated Parmesan cheese	1 tbs
Dry white wine	125 ml
Butter	50 g
Salt, pepper, cinnamon, nutmeg	pinch each
Italian parsley	garnish
Flour	to coat

Servings: 10 people

Ground lean beef	700 g
Thinly sliced bacon	150 g
Small onions	2
White bread slices	3
Emmenthal cheese	150 g
Pistachio nuts	75 g
Grated lemon rind	1 tsp
Mascarpone cheese	5 tbs
Eggs	3
Vegetable oil	3 tbs
Grated Parmesan cheese	2 tbs
Dry white wine	150 ml
Butter	75 g
Salt, pepper, cinnamon, nutmeg	pinch each
Italian parsley	garnish
Flour	to coat

Servings: 12 people

Ground lean beef	850 g
Thinly sliced bacon	175 g
Onions	2
White bread slices	3
Emmenthal cheese	175 g
Pistachio nuts	100 g
Grated lemon rind	1 tsp
Mascarpone cheese	6 tbs
Eggs	3
Vegetable oil	3 tbs
Grated Parmesan cheese	2 tbs
Dry white wine	175 ml
Butter	100 g
Salt, pepper, cinnamon, nutmeg	pinch each
Italian parsley	garnish
Flour	to coat

TOOLS:

Chef's knife
Cutting board
Large bowl
Wooden spoon
Food processor, blender,
or spice grinder
Skillet
Spatula
Loaf pan
Aluminum foil

PREPARATION:

Peel and finely *chop the onion*. Coarsely *chop the bacon*. *Dice the Emmenthal cheese*. Place the ground meat, onion, cheese, and lemon rind in a large bowl, and mix well with a wooden spoon.

Preheat the oven to 200° C.

Shell and grind the pistachio nuts and add them to the meat mixture. Add the mascarpone cheese, *grated Parmesan cheese*, and eggs. Season with salt, pepper, and nutmeg. Mix well and *form into a roll*, about 8 cm round. Coat with flour.

Heat the oil in a skillet, and fry the loaf over medium heat. When one side is browned, gently turn it with a spatula until it is browned on all sides.

Place the meat in a loaf pan and bake, covered with aluminum foil, for 1 hour. Fifteen minutes before the loaf is done, remove the aluminum foil. Add the wine, baste with any pan juices, and dot with butter. Complete baking, occasionally basting. When done, garnish with parsley and serve hot.