

Bar-H Ranch Foothills Meatloaf



MAIN INGREDIENTS

- 3 tablespoons butter
- 1 Shredded Cabbage, Approximately 3 pounds
- 4 tablespoons molasses
- Sea Salt to taste
- Freshly Ground Pepper to taste
- $\frac{3}{4}$ Lb. Ground Beef
- $\frac{3}{4}$ Lb. Ground Pork
- 1 to 2 Medium [medium chopped] Yellow Onion(s)
- 1 Cup Heavy Cream
- 5 Tablespoons Panko Breadcrumbs
- $\frac{1}{3}$ Cup Beef Stock, Low-Sodium
- $\frac{1}{4}$ Cup White Wine

SAUCE

- **1/3 cup Cranberries Sauce or Preserves**
- **1 Tablespoon Red-Wine Vinegar**
- **1 Tablespoon Butter**
- **2 Teaspoons Worcestershire Sauce, or to taste**

PREPARATION

1. **Pre-Heat oven to 350 degrees.**
2. **In a large pan over medium-high heat, add the butter; When it starts to foam, add the cabbage and molasses, lower the heat to medium and sprinkle with salt.**
3. **Cook slowly, stirring often, until all the liquid has evaporated and the cabbage is caramelized, approximately 20-25 minutes.**
4. **While the cabbage is cooking, lightly mix the meats in a large bowl, then add the onion, cream and breadcrumbs, and mix again to combine.**
5. **When the cabbage is done, add about a third of it to the meat mixture, and mix to combine.**
6. **Use the remaining butter to grease an 8-inch-square baking pan, and transfer the meat mixture to it, spreading it out to cover the whole surface evenly.**
7. **Spread remaining cabbage over the meat, pour the stock or water over the top and place in the oven, on a sheet tray, to cook for approximately 40 to 45 minutes, or until the cabbage is very, very caramelized, almost dry and crunchy at the edges.**
8. **Allow it to sit for 10 minutes before serving.**
9. **While the meat and cabbage is cooking, prepare the sauce. Heat the Cranberry [sauce or preserves (preserves are better for taste)], vinegar and butter in a small pot set over medium heat, then add Worcestershire sauce to taste. Serve alongside.**