

UNCLE FRANK'S ORIGINAL LOUISIANA SAUCE DU JOUR

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LOUISIANA STYLE MEAT LOAF

While there are as many recipes for meat loaf as there are for strawberry jam, you will find that this one combines all the memorable attributes of your favorite recipe with the addition of a tingling taste of the south.

- 1 1/2 Cups bread crumbs
- 3/4 Cup milk
- 2 lbs. Ground chuck or ground turkey
- 1 Medium size onion, chopped
- 2 Eggs, slightly beaten
- 3 Tablespoons Worcestershire sauce
- 2 Teaspoons Dijon mustard
- 1 1/2 Teaspoons salt
- Freshly ground pepper to taste
- 1 Cup Uncle Frank's Original Louisiana Sauce Du Jour

Preheat the oven to 350 degrees F. Spray a loaf pan with a non-stick spray. Combine the bread crumbs and the milk and allow to stand for a few minutes, then combine the rest of the ingredients with the exception of Uncle Frank's Original Louisiana Sauce Du Jour.

When you combine the ingredients, your own freshly washed hands are the best and easiest way, making sure you sort of "fluff" the ingredients together as opposed to "squishing" them between your fingers. Pack into the loaf pan, then pour Uncle Frank's Original Louisiana Sauce Du Jour over the top and spread it evenly so that it covers the entire surface of the meat loaf. Bake for one hour. For a well-done meat loaf, add an additional 15 minutes. To make sure it is done to your liking, check with an instant thermometer. At 160 degrees F. it will be well done.

For a sure-to-please way to use left over meat loaf, see the recipe for Broiled Meat Loaf Sandwich.