



## **Asian Pork Meatloaf with Red Wine Mushroom Gravy**

Serves 6

- Canola oil
- 1 T. minced garlic
- 1 T. minced ginger
- 1 T. fermented black beans, rinsed and chopped (available in Asian food section or markets)
- 3 carrots, peeled and 1/4-inch dice
- 4 stalks celery, 1/4-inch dice
- 2 onions, 1/4-inch dice
- 1 zucchini, 1/4-inch dice
- 1 T. sambal olek (available in Asian food section or markets)
- 1/2 c. hoisin sauce (available in Asian food section or markets)
- 2 c. cooked long grain rice
- 2 lbs. ground pork
- 4 eggs, lightly beaten
- salt
- freshly ground black pepper

### Red Wine-Mushroom Gravy:

- 1 T. minced garlic
- 1 large onion, roughly chopped
- 1 lb. button mushrooms, sliced
- 1 bottle dry red wine
- 2 c. chicken stock
- 2 T. soy sauce
- 2 T. butter

Preheat oven to 350°.

In a large sauté pan coated with oil, add the garlic, ginger and black beans. Stir and season lightly with salt and pepper. Add carrots, celery, onions, zucchini and stir. Add sambal olek and hoisin and continue to stir. When the mixture is cooled, mix in the rice, pork and eggs. Season with salt and black pepper. (Test for seasoning by cooking a small piece in boiling water, a frying pan or even micro-waving it.) Spray a non-stick meatloaf pan and fill with mix. Bake for 45 - 60 minutes or until a knife comes out clean.

For the Red Wine Mushroom Gravy - In a saucepan coated with oil, caramelize the garlic, onions and mushrooms. Deglaze with red wine and reduce by 75 percent. Add the stock and soy sauce and reduce by half. Taste and adjust seasoning. Using a hand blender or in a stand blender, puree the sauce and add the butter. Check again for seasoning. Keep warm.

To serve, spoon about ½ c. of sauce on a plate, then top with a thick slab of meatloaf.