

# Polpettone

## Meatloaf

### Ingredients

Lean mince, 500 gms  
Prosciutto thinly sliced and chopped, 20 gms  
Eggs, 2  
Parmesan, grated, 45 gms  
Parsley, chopped, 1 tblspn  
White bread decrusted, 4 slices soaked in milk, 125 ml  
Wine, 250ml  
salt, pepper & nutmeg to taste  
1 red onion, minced  
1 carrot, minced  
2 celery stalks,minced  
Olive oil  
Flour/breadcrumbs to coat

### Method

Mix together mince, prosciutto, soaked bread, eggs, parmesan, salt, pepper, nutmeg and chopped parsley. Until it holds together. Shape it like a football and slap it a few times against the bowl to be sure it is "tight".

Prepare the soffritto. Saute the minced carrot, onion and celery in the olive oil in a large pan with sides and a lid.

Roll the meatloaf in flour or in breadcrumbs. Place in the pan and let sit until the bottom is golden. Gently flip and brown on the other side. Add wine. Cover and cook 45 minutes on medium heat. Turn the meatloaf once or twice while cooking. When the meatloaf is done, let sit before slicing.

Puree the sauce to serve as gravy. Taste for salt before serving.

