

## 2. Sekana - Czech Meatloaf 2024

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### Sekana – Czech Meatloaf

6 servings (about 1 - 2 slices per person)

Ingredients:

Bread for meatloaf:

**1** burger bun – diced

**¼ cup** of milk

Meatloaf batter:

**2 TBSP** of frying oil - adjust if needed

**1** medium onion - peeled and finely chopped

**1 LB** of ground beef (preferably 85/15 or 80/20)

**1 LB** of ground pork sausage (preferably plain, but Italian works too)

**4** large eggs

**3 cloves** of garlic – peeled and grated (or minced)

**2 TSP** of dry marjoram

**1 TSP** of paprika

**1 TSP** of salt

**1 TSP** of ground pepper

Best Served with:

Mashed or boiled potatoes

Dill pickles

Mustard

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Large Sauté Pan or Large Fry Pan

Medium mixing bowl

Optional: Food Processor or Blender (Or substitute for large mixing bowl)

Small grated or garlic press (for garlic)

Baking Mold (preferable size about **8.9 x 3.7 x 2.5"** but other sizes would work too)\*

Silicone spatula

\* I prefer to use a silicone mold for easy manipulation and great performance. I use this one:

<https://tinyurl.com/4bjbp8yt>

If you are going to use a silicone mold (flexible), make sure to place it on a baking sheet for easy manipulation and for baking

Directions:

1. **Set oven to preheat to 350°F.**

2. **Meatloaf batter:**

2.1. **Sauté onion:**

2.1.1. Preheat a pot on medium-high heat with **2 TBSP** of frying oil and add:

**1** medium onion – finely chopped

Sauté with occasional stirring until glossy (about 3 - 4 minutes).

2.1.2. Then, take the pot off the stove and let it partially cool while proceeding with the next step.

2.2. **Bread for meatloaf:**

2.2.1. Place into a medium mixing bowl:

**1** burger bun - diced

**¼ cup** of milk

Thoroughly stir.

2.3. **Complete meatloaf batter:**

**Note:**

It is best to process the meatloaf batter in a kitchen food processor for a smooth texture (or with an immersion blender). If you want to avoid processing the meatloaf batter, place it into the large mixing bowl and then, preferably by hand or using a wooden spoon, thoroughly stir until fully combined.

2.3.1. Add into the kitchen food processor (or mixing bowl):

**1 LB** of ground beef

**1 LB** of ground pork sausage

**4** large eggs

**3 cloves** of garlic – grated

**2 TSP** of dry marjoram

**1 TSP** of paprika

**1 TSP** of salt

**1 TSP** of ground pepper

Bread for meatloaf from the previous step (including the residue of milk in apples)

Sauteed onion

Thoroughly process on high speed until a smooth paste is created (usually about 3 – 5 minutes). Or thoroughly stir until fully combined if using just a large mixing bowl.

- 2.3.2. Place meatloaf batter into a mold and smooth it up with a silicone spatula to ensure the batter is compact and air bubbles are not present.

**Note:**

No need to grease the mold.

**3. Roast:**

- 3.1. Roast in a preheated oven until fully cooked \* (usually about 45 - 60 minutes).
- 3.2. After it is fully cooked, remove it from the oven, place it on a countertop (leave it in the mold), and let it sit for a couple of minutes before removing it. Optionally, let it fully cool.

**4. Serving:**

- 4.1. Slice into thick slices (about ½”) based on your preferences.
- 4.2. Serve warm or cold.
- 4.3. Serve mashed or boiled potatoes, dill pickle, and mustard, or make it even more special with homemade tartar sauce. Optionally, also serve as a sandwich with fresh sliced onion and mustard.

\* Check with a food thermometer to ensure you have reached the minimum recommended safe-serving temperatures for ground meat (160°F).

## Boiled Potatoes with Butter

4 - 5 servings

Ingredients:

**2 LB** of potatoes - peeled and diced (cubes about  $\frac{3}{4}$ " )

**3 TBSP** of butter

$\frac{1}{2}$  **TSP** of salt

**Pinch** of ground pepper - ideally freshly ground

Tools:

**Measuring cups** and **spoons**

**Cutting board** and **chef's knife**

**Potato peeler**

**Medium pot** with lid

**Colander**

**Silicone spatula**

Directions:

1. Potato preparation & cooking:
  - 1.1. Rinse potatoes under cold water.
  - 1.2. Then peel potatoes and dice them into uniform dice (size about  $\frac{3}{8}$ " ).
  - 1.3. Place into a medium pot and then fill the pot with water (about 1" above the level of the potatoes).
  - 1.4. Cover the pot with a lid and place it on a high-heat burner. Bring to a boil.
  - 1.5. Lower heat to medium and cook with occasional stirring until fully cooked (about 12 – 15 minutes). Take one out and taste it to make sure it is done.
  - 1.6. Drain the water by pouring it over a colander and then return the potatoes to the pot.
2. Final phase:
  - 2.1. Add into the pot:

**3 TBSP** of butter  
 $\frac{1}{2}$  **TSP** of salt

**Pinch** of ground pepper

Thoroughly (but gently) fold them together with a spatula.

2.2. Taste and add salt and pepper if needed.

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**Disclaimer:**

All steps in this recipe are just suggestions, and the author and/or publisher of this recipe is not responsible for the following:

- outcome of preparation
- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
- safety during preparation, including incorrect handling of equipment and the equipment's suitability for food preparation, improper cooking techniques, sourcing of ingredients, and anything related to the preparation and consumption of the products of this recipe

All readers are responsible for evaluating if the recipe and its' ingredients and steps fit with their dietary restrictions and can adjust accordingly.

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## Czech Tartar Sauce

About 1 ¼ cups

Ingredients:

**1 cup** of mayonnaise

**3 TBSP** of dill pickle juice – adjust if needed

**Pinch** of salt

**Pinch** of ground pepper- ideally freshly ground

**1** dill pickle - finely diced (do not use sweet pickle)

¼ of medium onion - peeled and finely chopped

**1 clove** of garlic - peeled and grated

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Medium Mixing Bowl (about 3 - 4 QT)

Whisk

Optionally: Lemon Squeezer

Small Hand Grater or Garlic Press (for garlic)

Silicone Spatula

Directions:

1. Place into a medium mixing bowl:

**1 cup** of mayonnaise

**3 TBSP** of dill pickle juice

**Pinch** of salt

**Pinch** of ground pepper

Thoroughly stir with a whisk until nicely combined (about 30 seconds).

2. Add:

**1 medium** dill pickle - finely diced

¼ of medium onion - finely chopped

**1 clove** of garlic - grated

Thoroughly stir with a whisk until it's nicely combined (about 30 seconds).

3. Taste and add salt and/or pepper if needed.

4. For best results, refrigerate for at least one hour before serving.
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