

# Cardamom Meat Loaf

**Category:** Indian

**Servings:** 6

**Rating:** 10

**Source:** Oprah Magazine March '04

## Description:

Copied this from Oprah magazine while waiting for hair appointment with Lauren April '04. Incredibly good. Served it with a tamarind chutney, small roasted potatoes with a mint/yogurt sauce, and Spicy Green Beans.

## Ingredients:

1butter	2 tablespoon
1carrot	2, finely diced
1onion	1, finely chopped
1zucchini	1, finely diced
1garlic	2 cloves, mashed to a paste
1ground cardamom	2 teaspoons
1ground cumin	1 teaspoon
1cayenne pepper	1/4 teaspoon
black pepper	1/4 teaspoon
1salt	1 teaspoon, but to taste
1cinnamon	1/2 teaspoon
1ground chuck	1 lb.
ground lamb	1 lb.
1egg	2, lightly beaten
1bread crumbs	Panko style, as required, perhaps 1 cup
1yogurt	1/3 cup
1ketchup	1/2 cup plus 2 tablespoons

## Instructions:

Sauté onion, carrot, and zucchini in butter for about 15 minutes. Stir in garlic paste and cook for about 1 minute. Add spices and stir for about 30 seconds until fragrant. Cool slightly.

Mix meat, eggs, crumbs, 1/2 cup ketchup, yogurt, and salt together and then add the vegetable/spice mixture.

Shape the meat into several loaves and then put them on a baking sheet which has been lined with aluminum foil. Coat the loaves with the remaining 2 tablespoons (or so) of ketchup.

Bake in a pre-heated 375° convection oven until crisp on the outside and cooked on the inside,

about 45 minutes. Let rest for 10 minutes before cutting into large slices for serving.