

Meatloaf with Cheddar Smashed Potatoes

Tools Cooks Love | February 2008



PREP: 40 MINUTES COOK: 12 MINUTES

- 2 EGGS
- $\frac{3}{4}$ CUP ROLLED OATS (REGULAR OR QUICK)
- $\frac{1}{2}$ CUP FINELY CHOPPED ONION
- $\frac{1}{2}$ CUP FINELY CHOPPED ITALIAN (FLAT-LEAF) PARSLEY
- $\frac{1}{2}$ CUP KETCHUP
- 1 TSP. SALT
- $\frac{1}{2}$ TSP. GARLIC POWDER OR GRANULATED GARLIC
- DASH FRESHLY GROUND BLACK PEPPER
- $1\frac{1}{2}$ LB. MEATLOAF MIXTURE (MIXTURE OF GROUND BEEF, VEAL AND PORK)
- NONSTICK COOKING SPRAY OR COOKING OIL
- 3 TBSP. KETCHUP
- 2 CUPS WATER
- 2 LB. RUSSET POTATOES, PEELED, IF DESIRED, AND CUT INTO 1-INCH CUBES
- 1 CUP SHREDDED CHEDDAR CHEESE (4 OZ.)
- $\frac{1}{3}$ CUP MILK
- SALT AND FRESHLY GROUND BLACK PEPPER
- 1–2 TBSP. FINELY CHOPPED ITALIAN (FLAT-LEAF) PARSLEY

In a large bowl slightly beat eggs. Add oats, onion, $\frac{1}{2}$ cup parsley, $\frac{1}{2}$ cup ketchup, 1 teaspoon salt, garlic powder, and dash pepper; mix well. Add meats and mix well. Coat the bottom and sides of a steamer basket with cooking spray or oil. Transfer meat mixture to steamer basket, pressing it into a disc of even thickness. (If steamer has a central lifting pole, shape the loaf around it.) Spread remaining 3 tablespoons ketchup over the meat mixture. Set aside.

In a 6-quart pressure cooker combine water and potatoes. Place steamer basket with meat on top of potatoes. Lock lid in place. Place pressure regulator on vent pipe. Over high heat, bring cooker up to pressure (this may take 20 minutes). Reduce heat just enough to maintain pressure and pressure regulator rocks gently; cook 12 minutes.

Quick-release the pressure by placing the cooker beneath cold running water until no more pressure remains (the air vent/cover lock will drop). Carefully remove lid.

Check meat loaf for doneness by inserting an instant-read thermometer into center of meat. Temperature should read at least 160°F. If meatloaf requires more cooking, return pan to heat. Cover but do not seal. Simmer a few minutes until meat loaf is done. Transfer meat loaf to platter (leave on steamer basket if desired); cover with foil and let stand while preparing potatoes.

Drain potatoes and return them to the cooker. Place over low heat. Add cheese and milk. Use a potato masher to coarsely mash potatoes. Season to taste with salt and pepper.

Transfer potatoes to serving bowl; sprinkle with remaining parsley; serve with meatloaf. Makes 6 servings.

NOTE: This recipe was tested with a first-generation pressure cooker. These pressure cookers have a removable pressure regulator that is either a single-control or selective-control regulator. With a single-control cooker all foods are cooked at 15 pounds pressure. Selective-control cookers can be set for 5, 10 or 15 pounds pressure. If using one of these, use 15 pounds pressure. Second-generation pressure cookers have stationary pressure regulators. Watch the indicator to determine pressure. No matter which pressure cooker you have, be sure to read the manufacturer's instructions before using.

COOK: Lorna Sass TOOL: Pressure Cooker

Lorna Sass has three food-related passions—pressure cooking, whole grains, and vegan vegetarian cooking—and has cookbooks on all these topics, including *Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker* (\$25; 2004, William Morrow).

Sass and her cookbooks are a big reason pressure cookers are back in style. The Kuhn Rikon Duromatic 6.3-Quart Stockpot is one of her favorite pressure cookers. It's ideal for whole chickens, roasts, soups, and her risotto, and is safe and easy to use. \$189; amazon.com. She also suggests the 6.5-quart WMF Perfect Plus Pressure Cooker. \$220; cooking.com.