

A man with a beard and a dark shirt is focused on preparing a dish. He is pouring sesame seeds from a small glass jar onto a bowl of food. The bowl contains what appears to be a salad or a stir-fry with various ingredients, including green onions and a dark sauce. He is wearing a patterned apron. The background is a brick wall with a framed piece of art featuring geometric patterns. The overall atmosphere is warm and focused.

SOUTHERN » COOKING GLOBAL « FLAVORS

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Italian Meatloaf with White Truffle and Mascarpone Mashed Potatoes

Here is a secret tip: You can make meatballs from any meatloaf recipe. Meatballs and meatloaf are essentially the same, except for their shape and that meatloaf usually has a glaze. This recipe makes an Italian-style meatloaf from a combination of beef, veal, pork, and ricotta cheese, and it is delicious. You can also use it if you are looking for a great meatball to go with your spaghetti. If you don't have the time to bake a loaf, roll the meat into golf ball-sized balls and bake them off for 20 minutes at 375°F. Meatballs are a great quick protein to cook up on a busy weeknight.

INGREDIENTS

SERVES 6

FOR THE SAGE-MUSHROOM GRAVY

- ¼ cup extra-virgin olive oil
- ¼ cup all-purpose flour
- 8 ounces portobello mushrooms, chopped (2⅔ cups)
- ½ cup Marsala wine
- 2 cups water or vegetable broth
- ¼ cup fennel, coarsely chopped
- ¼ medium yellow or white onion, coarsely chopped (¼ cup)
- 12 fresh sage leaves
- 5 cloves garlic, peeled
- 1 tablespoon granulated vegetable bouillon
- 1 cup heavy cream
- 1 teaspoon kosher salt

FOR THE MEATLOAF

- 6 large eggs
- ½ red bell pepper, seeded and cut into large dice (½ cup)
- 1 small Spanish onion, cut into large dice (½ cup)
- 2 ribs celery, cut into large dice (½ cup)
- ½ cup peeled garlic cloves (10 to 12 cloves)
- 2 to 3 sprigs rosemary, leaves only, chopped (¼ cup)
- 1 tablespoon kosher salt
- 1 pound (80/20) ground beef

- 8 ounces ground veal
- 8 ounces ground pork
- 1 cup ricotta cheese
- 3 cups Italian-style breadcrumbs

FOR THE MASHED POTATOES

- 6 peeled medium russet potatoes, coarsely diced (6 cups)
- 4 tablespoons (½ stick) salted butter
- 1 tablespoon kosher salt
- 1 cup mascarpone cheese
- 1 tablespoon white truffle oil
- 1 tablespoon kosher salt

FOR THE KALE AND YOUNG CARROTS

- 1 pound peeled young carrots
- ¼ cup extra-virgin olive oil
- 8 ounces Tuscan kale or baby kale
- Pinch of kosher salt
- Zest of 1 lemon
- 1 teaspoon crushed red pepper

DIRECTIONS

Make the Sage-Mushroom Gravy

1. Mix the olive oil and flour in a small saucepan. Cook on medium heat, stirring regularly, for 10 to 15 minutes, until a pecan-colored roux develops.
2. Add the mushrooms and cook, stirring occasionally, until tender, about 3 minutes.
3. Pour in the Marsala and scrape the brown bits on the bottom of the pan. Cook for about 30 seconds. Turn off the heat.
4. Put the water, fennel, onion, sage, garlic, and bouillon in a blender and puree until smooth.
5. Pour the puree into the pot with the mushrooms and add the cream. Stir, then turn the heat to high and bring the mixture to a boil. Reduce the heat to maintain a simmer, and simmer for 25 minutes, skimming off the starches as they rise to the top of the pot. Add the salt, stir, and remove from heat. Cover to keep warm.

Make the Meatloaf

1. Preheat the oven to 375°F and put a large (8½ x 4½-inch) loaf pan on a sheet pan.
2. Put the eggs, bell pepper, onion, celery, garlic, rosemary, and salt in a blender and puree until smooth. Transfer to a large bowl.
3. Add the ground beef, veal, and pork, the ricotta, and breadcrumbs to the bowl with the egg-vegetable puree. Mix thoroughly with your hands.
4. Fill the loaf pan with the meatloaf mixture. Bake for 45 minutes, then rotate the pan and bake for another 25 minutes, or until the meatloaf reaches an internal temperature of 155°F.
5. Allow the meatloaf to rest for 20 minutes. Unmold by gently turning over the loaf pan and easing it out onto a cutting board. Cut into 6 slices.

Make the Mashed Potatoes

1. Put the potatoes in a medium saucepan and cover with cold water. Bring to a boil over high heat, then reduce the heat to medium and simmer for 20 minutes, or until fork-tender.
2. Drain the potatoes, return them to the saucepan, and add the butter and salt. Use a potato masher to evenly crush the potatoes. Add the mascarpone and truffle oil to the mashed potatoes. Incorporate until the potatoes are creamy and fluffy. Cover to keep warm until ready to serve.

Make the Kale and Young Carrots

1. Preheat the broiler and line a sheet pan with foil.
2. In a large bowl, toss the carrots with half of the olive oil and arrange on the prepared sheet pan. Broil on the middle rack for 5 minutes, until browned; transfer to a plate or bowl. Repeat with the kale.
3. Once the vegetables are roasted, sprinkle with the salt, lemon zest, and crushed red pepper.

The Build

Assemble family style: Place each component of the meal in its own serving dish and arrange around the table so guests can make their own plates.

