

casserole, ground beef

Swedish Kalpudding (Meatloaf with Caramelized Cabbage)

Adapted slightly from *The New York Times*, Sam Sifton, March 2017



Servings: 6

1. Heat oven to 350. Put a large pan over medium-high heat, and add the butter. When it starts to foam, add the cabbage and molasses, lower the heat to medium and sprinkle with salt. Cook slowly, stirring often, until all the liquid has evaporated and the cabbage is caramelized, approximately 20-25 minutes.
2. While the cabbage is cooking, lightly mix the meats in a large bowl, then add the onion, cream, salt, pepper and breadcrumbs, and mix again to combine.
3. When the cabbage is done, remove about 1/3 of it to a cutting board and chop more finely. Add it to the meat mixture, and mix to combine. Transfer the meat mixture to baking pan or ceramic casserole dish, spreading it out to cover the whole surface evenly. Spread remaining cabbage over the meat, then pour the stock or water over the top and place in the oven, on a sheet tray, to cook for approximately 40 to 45 minutes, or until the cabbage is very, very caramelized, almost dry and crunchy at the edges. Allow it to sit for 10 minutes or so before serving.
4. While the meat and cabbage cooks, make the sauce. Heat lingonberry or blueberry preserves, vinegar and butter in a small pot set over medium heat, then add Worcestershire sauce to taste. Serve alongside the Kalpudding.

MEATLOAF:

- 2 tablespoons unsalted butter
- 1 head cabbage, green, approximately 3 pounds, cored and shredded
- 3 tablespoons Molasses
- Kosher salt and freshly ground pepper, to taste
- 3/4 pound ground beef
- 3/4 pound ground pork
- 1 small yellow onion, peeled and chopped
- 1 cup heavy cream
- 4 tablespoons bread crumbs
- 1/3 cup low-sodium chicken broth, beef or vegetable stock

FOR THE SAUCE:

- 1/3 cup lingonberry preserves, or blueberry
- 1 tablespoon red wine vinegar
- 1 tablespoon unsalted butter, optional
- 1 teaspoon Worcestershire sauce, or to taste

Per Serving (excluding unknown items): 464 Calories; 31g Fat (60.2% calories from fat); 25g Protein; 21g Carbohydrate; 1g Dietary Fiber; 132mg Cholesterol; 145mg Sodium; 16g Total Sugars; 1mcg Vitamin D; 89mg Calcium; 3mg Iron; 627mg Potassium; 256mg Phosphorus. Exchanges: 2 1/2 Grain(Starch).

Carolyn T's Blog: tastingspoons.com