



TASTING TABLE

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Pendennis Meat Loaf

Recipe adapted from the Pendennis Club

Makes 4 to 6 servings

- 1 pound lean ground beef
- ½ pound ground pork
- 1 large egg
- ⅔ cup Original Henry Bain's Sauce, divided
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons diced tender cactus (nopolitos; available in jars at Mexican grocers)
- 1 teaspoon chopped garlic
- ½ cup finely chopped onion

1. Preheat the oven to 350°. In a large bowl, combine the beef, pork and egg with 1/3 cup of Henry Bain's Sauce. Add the salt, pepper, cactus, garlic and onion and mix until blended. Place the mixture on a nonstick baking sheet and pack into a loaf. Bake for one hour, or until the internal temperature registers 170° on a meat thermometer.
2. Brush the remaining 1/3 cup Henry Bain's Sauce on top of the loaf and bake for 15 to 20 minutes longer, or until glazed and browned. Cut into slices and serve.

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