

Soby's Exotic Mushroom Meatloaf

Horseradish Mashed Potatoes, Fava Bean Asparagus Succotash,
Caramelized Vidalia® Onion Jus

(Serves 6)

Meatloaf:

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| ½ lb | Exotic Mushrooms (any combination of Shiitake, Cremini or Portobello) | 3 | Eggs |
| 2 Tbs | Olive Oil | 1 cup | Panko* |
| 1 cup | Yellow Onion, diced | ½ pint | Heavy Cream |
| 1 Tbs | Fresh Garlic, minced | 1 Tbs | Salt |
| ½ tsp | Dry Thyme | 1 tsp | Fresh Ground Black Pepper |
| ½ tsp | Dry Oregano | ½ cup | Creole Mustard |
| ¼ cup | Worcestershire Sauce | ¼ cup | Maple Syrup |
| 2 lbs | Ground Chuck | | *Japanese breadcrumbs, available in most supermarkets. |

"When I think of comfort food, the first thing that comes to mind is meatloaf and mashed potatoes. The problem with meatloaf is that whenever you order it, you never know what you will get. Believe me, there are as many bad renditions of the dish out there as there are good. Our meatloaf at Soby's is made with in-house ground beef tenderloin and wonderful cultivated exotic mushrooms. We use very few breadcrumbs, so the texture and flavor of the beef stand out."

For the Meatloaf: Remove the stems from the mushrooms. Clean the mushrooms using a brush to remove sediment or by quickly submerging them in water and agitating them vigorously. Remove them from the water as quickly as possible and dry on paper towels.

Sauté the onions in the olive oil until they are soft. Add the mushrooms to the pan and continue to cook for 5 minutes. Add the garlic, thyme, oregano, and Worcestershire sauce. Cook for about 2 minutes to marry the flavors. Remove the pan from the heat and refrigerate the mixture until cool.

Preheat the oven to 350°F. Spray a roasting pan with cooking spray. Place the beef in a large bowl. Add the eggs, breadcrumbs, and mushroom mixture. Mix thoroughly, kneading as little as possible. Over-handling toughens the loaf. Slowly drizzle in the cream while mixing to incorporate. Season the mix with the salt and pepper. In the roasting pan, form the loaf into a long tube shape. Press down along the center of the meat and repack it from the sides until the loaf has tightened up and no major cracks are visible. The loaf should be about 6 inches wide and 4 inches high. Bake for 40 minutes or until the internal temperature is 130°F.

Meanwhile, make the glaze by whisking the mustard and maple syrup together. Glaze the meatloaf and continue baking until the internal temperature is 150°F, about 15 more minutes. Remove the loaf from the oven and loosely cover it with aluminum foil. Allow it to rest for 10 minutes. The temperature should continue to rise to about 155°F. When ready to serve, slice into 1-inch thick slices. →

Succotash:

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| 2 lbs | Fava Beans |
| ½ cup | Carrots, diced |
| 1 cup | Asparagus cut into ¼-inch slices, tips intact |
| 2 Tbs | Olive Oil |
| 3 cups | Fresh Corn Kernels, removed from cob (about 6 ears) |
| ½ cup | Red Onion, diced |
| ½ pint | Heavy Cream |
| 1 Tbs | Salt |
| 1 tsp | Cayenne Pepper |
| ¼ cup | Maple Syrup |
| ¼ cup | Italian Parsley, chopped |

Mashed Potatoes:

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| 1 | Mashed Potato Recipe, see page 135 |
| 3 Tbs | Prepared Horseradish |

For the Succotash: Prepare the fava beans by removing the beans from the pod. Blanch the beans for 30 seconds and shock (see the method on page 131). Next, remove the dull outer skin exposing the bright green bean. Blanch the carrots for 1 minute and shock. Blanch the asparagus for 30 seconds and shock. Heat the olive oil in a large skillet. Add the corn and allow it to sear until lightly browned on one side, then stir. Add the onions and cook until soft. Add the rest of the ingredients except the parsley and cook for 3 to 5 minutes until the cream has thickened slightly. Stir in the parsley. Keep warm until ready to serve.

For the Mashed Potatoes: Prepare mashed potatoes according to the recipe on page 135. In Step 5, add the prepared horseradish. Keep warm until ready to serve.

For the Sauce: Sauté the onions and carrots until well caramelized, stirring often. Add the celery and garlic and cook for 2 minutes to release their flavor. Stir in the tomato paste to coat the vegetables. Add the wine and bring the mixture to a boil. Simmer until the wine is reduced by half. Add the beef stock, bay leaf, thyme, and peppercorns and simmer until the sauce is reduced to 2 cups (about 45 minutes). Skim off any oil that comes

Sauce:

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| 1 Tbs | Olive Oil |
| 1 cup | Vidalia® Onion, diced |
| ½ cup | Carrot, diced |
| ½ cup | Celery, diced |
| 1 Tbs | Fresh Garlic, minced |
| 1 Tbs | Tomato Paste |
| 2 cups | Red Wine |
| 4 cups | Beef Stock |
| 1 | Bay Leaf |
| 2 sprigs | Fresh Thyme |
| 25 | Black Peppercorns |
| 1 Tbs | Cornstarch |
| 1 Tbs | Water |
| | Salt and Fresh Ground Black Pepper |

to the top of the sauce as it simmers. Combine the cornstarch and water to make a slurry and drizzle it into the sauce. Simmer for 2 more minutes. Strain the sauce through a fine sieve. Season with salt and pepper.

Finish the Dish: Arrange the mashed potatoes and the succotash on a plate. Place a slice of meatloaf on top. Ladle the sauce over the meat and onto the plate.

Pairing Suggestions: Merlot or Cabernet Sauvignon (Sonoma or Napa). The key here is to buy a big, substantial wine to stand up to the substance of the meatloaf. This is a big dish! Serve a big red wine.

Chef's Notebook

We make the meatloaf in the restaurant with freshly ground beef tenderloin because we cut our filet mignons in house and have plenty of beautiful trim left to use. At your home, you probably do not have the same opportunity, so we recommend using ground chuck, which has a ratio of 80% lean to 20% fat. Ground chuck is the most flavorful ground beef that is readily available.



Mashed Potatoes

Mashed potatoes are one of America's most popular comfort foods and have been on Soby's menu since the beginning. At Soby's we serve our mashed potatoes smooth, not lumpy. This does not mean we use "instant" mashed potatoes, it just means we make our mashed potatoes using a large food mill. At home, you can use a smaller mill or a ricer to get the same smooth texture.

To make great mashed potatoes, you must follow a few simple but very important rules:

- Use a high starch potato such as an Idaho Russet or Yukon Gold.
- Cut the potato into even-sized pieces (so they cook in the same amount of time).
- Do not overcook the potatoes. When the potatoes hold their shape, but a fork can be easily inserted and removed, they are done.
- When the potatoes are cooked, drain them until they are dry. You may even dump them onto a baking sheet and warm in the oven to dry them although rarely is this step necessary
- Work quickly while the potatoes are very hot.
- Do not let them cool.
- Process the potatoes through a food mill or ricer to make sure there are no lumps. Food mills and ricers are available at kitchen stores and some supermarkets.
- Always add hot liquid for flavoring.
- Do not over mix. Mix just enough to incorporate the flavor component and evenly distribute the seasoning.
- Add salt and pepper last, tasting as you add to avoid over salting. Potatoes need quite a bit of salt to bring out their maximum flavor.

Recipe: (Serves 6)

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| 3 lbs | Potatoes, peeled and cut into even-sized cubes |
| 1 ½ cups | Milk |
| ¼ lb | Butter |
| 1 Tbs | Salt (approx) |
| ½ tsp | Fresh Ground Black Pepper (approx) |

1. Cook the potatoes until they are tender.
2. Heat the butter and milk together until they are just about to boil.
3. Drain the potatoes well.
4. Pass the potatoes through food mill or ricer.
5. Stir in flavor or garnish components.
6. Add remaining ingredients gradually, to taste,

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Instant mashed potatoes actually do have a good culinary use. One example is using them to crust fish. Just press your favorite fish filet into a layer of potato flakes and then place the filet into a hot skillet with a little olive oil. When the potato flakes turn golden, flip the fish over and cook through.