

# Speckhackbraten (German Meat Loaf)

*Mildred R Neal*

*The Pennsylvania State Grange Cookbook (1992)*

*10 slices stale white bread,  
crusts trimmed  
1 cup onion, finely chopped  
2 tablespoons parsley,  
finely chopped  
lard for frying  
2 pounds ground beef  
7 slices bacon, cut into one-  
inch pieces  
1/2 carrot, minced  
2 tablespoons flour  
2 eggs  
2 teaspoons salt  
1/8 teaspoon pepper  
3 slices bacon, cut into one-  
inch pieces  
1 onion, minced  
2 tablespoons flour  
1 tomato, sliced  
4 cups boiling soup stock  
salt (to taste)  
pepper (to taste)*

Preheat the oven to 375 degrees.

Soak the bread in cold water in a bowl for 30 seconds. Squeeze out the moisture.

In a skillet, saute' the chopped onion and parsley in lard until the onion is translucent. In a bowl, combine the bread, sautee'd mixture, ground beef, bacon, carrot, two tablespoons of flour, eggs , two teaspoons of salt and 1/8 teaspoon of pepper. Mix well. Shape into a loaf. Place in a greased roasting pan. Press the bacon halves firmly across the top of the loaf.

Bake for one hour or until cooked through.

Remove the meat loaf to a warm serving platter. Place the roasting pan on the stove. (Add additional lard to the pan drippings, if necessary, to measure two to three tablespoons of liquid. Cook the minced onion in the drippings until brown. Add the tomato. Mash with a fork. Cook for 2 to 3 minutes longer. Add the soup stock slowly. Stir well with a fork. Simmer for 5 minutes..

Strain the gravy and serve with the meat loaf.

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Per Serving (excluding unknown items): 3588 Calories; 283g Fat (71.9% calories from fat); 191g Protein; 58g Carbohydrate; 8g Dietary Fiber; 1250mg Cholesterol; 6068mg Sodium. Exchanges: 1 1/2 Grain(Starch); 26 Lean Meat; 6 Vegetable; 41 1/2 Fat.