

JapaneseStyle Meatloaf

Savannah · 30/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

1 hr 40 mins

Description

I adapted this from a korokke recipe I frequently use Korokke is a Japanese fried croquette made with seasoned ground meat and mashed potato I combined the seasoning used there with a standard meatloaf recipe to create this fun hybrid I serve it with mashed potatoes and a spicy barbeque sauce

Ingredients

- - 1 teaspoon corn oil
- or to taste - 1 teaspoon sesame oil
- or to taste - 2 carrots
- finely chopped - 1 green bell pepper
- finely chopped - 1 small onion
- finely chopped - ¼ cup soy sauce - 1 tablespoon sake (rice wine) - 1 tablespoon mirin (Japanese sweet wine) - 2 teaspoons white sugar - 1 teaspoon fish soup stock (such as HonDashi®) - 1 teaspoon garlic powder - ½ teaspoon ground ginger - 1 pound ground turkey - 1 pound ground pork - 2 eggs
- beaten - 1 ½ cups panko bread crumbs

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Heat corn oil and sesame oil in a large skillet. Add carrots
2. green bell pepper
3. and onion; cook and stir until softened
4. about 5 minutes. Stir in soy sauce
5. sake
6. mirin
7. sugar
8. and fish soup stock. Mix in garlic and ginger. Let cool
9. 5 to 10 minutes. Mix turkey
10. pork
11. and eggs together in a large bowl until blended. Stir in cooled carrot mixture and bread crumbs until well combined. Press evenly into a loaf pan. Bake in the preheated oven until browned
12. about 30 minutes. Increase oven temperature to 400 degrees F (200 degrees C); continue baking until an instant-read thermometer inserted into the center reads at least 160 degrees F (70 degrees C)
13. about 30 minutes more. Let stand before serving
14. about 5 minutes. Cook's Note: Substitute cream sherry for the mirin if desired.