



DELECTIBLE HAM LOAF



8 ounces New York Brand Pork Sausage	8 ounces Virginia Deli Ham, diced
1/3 cup bulgur wheat	8 ounces Chicken Breast, diced
1 tsp. Better than Bullion Ham base	2/3 cup water
1 large egg	1/4 cup Noilly Prat Vermouth
2 tsp. garlic, crushed	1 small onion, quartered
1/4 tsp. black pepper	1/2 tsp Salt
1/2 cup red bell pepper puree (TJs)	2 tsp. Fine Herbs
2 TBS sweet hot mustard	1/4 cup catsup
1 tsp Butter	1/4 cup barbeque sauce

DIRECTIONS:

1. Preheat the oven to 350 degrees.
2. In a small microwave-proof bowl, mix the water and the ham base until smooth. Add the bulgur wheat and stir.
3. Microwave the mixture for 5 minutes at 50% power until the bulgur absorbs all the liquid. Let the mixture cool.
4. In a food processor, pulse the onions until they are medium chopped.
5. Saute the onions in the butter in a small pan until golden. Set aside.
6. To the processor, add the sliced ham and pulse until mixture is medium chopped.
7. Add the sausage, cooled bulgur mixture, egg, garlic, pepper, and vermouth and pulse until the mixture is thoroughly combined.
8. Put the meat mixture into a loaf pan and cook for 50 minutes until the internal temperature reaches 160 degrees.
9. Alternatively, you can put the meat mixture on a large plate and microwave at full power for 15 minutes.
10. Alternatively, you can make the mixture into meatballs, put on a cooking sheet with a rack, spray with olive oil, and roast at 375 for 30 minutes.
11. To make the sauce, combine the catsup, red bell pepper puree, barbeque sauce, and mustard together and mix well. Pour over slices of the ham loaf.

SERVES 6

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