

CAJUN MEAT LOAF

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
403 cal	23 g	35 g	19 g	154 mg	989 mg	85 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

BEEF,GROUND,BULK,RAW,90% LEAN	30 lbs		
BREADCRUMBS	3-3/4 lbs	1 gal	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
PEPPER,BLACK,GROUND	7/8 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	2/3 oz	2-1/3 tbsp	
PEPPER,RED,GROUND	3/8 oz	2 tbsp	
OREGANO,CRUSHED	1/3 oz	2 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	1/3 oz	2 tbsp	
THYME,GROUND	1/3 oz	2 tbsp	
ONION POWDER	1/2 oz	2 tbsp	
MILK,NONFAT,DRY	2-3/8 oz	1 cup	
WATER	2-7/8 lbs	1 qts 1-1/2 cup	
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
EGGS,WHOLE,FROZEN	2-3/8 lbs	1 qts 1/2 cup	
CATSUP	3-1/8 lbs	1 qts 2 cup	
WORCESTERSHIRE SAUCE	8-1/2 oz	1 cup	
CREOLE SAUCE		2 gal 1/2 qts	

**Method**

- 1 Combine beef with bread crumbs, salt, pepper, garlic powder, red pepper, oregano, basil, thyme, and onion powder; mix until well blended.
- 2 Reconstitute milk.
- 3 Add milk, celery, onions, sweet peppers, eggs, catsup, and Worcestershire sauce. Mix lightly but thoroughly. DO NOT OVERMIX.
- 4 Place 11 pounds 6 ounces meat mixture into each steam table pan and divide into 2 loaves per pan.
- 5 Using a convection oven, bake 1 hour 15 minutes at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Skim off excess fat and liquid during cooking period.
- 6 Let stand 20 minutes before slicing. Cut 13 slices per loaf. CCP: Hold for service at 140 F. or higher.
- 7 Serve with Cajun Creole Sauce, Recipe No. O 005 02.