

COMMENT

Enjoy a tasty dinner for a cooler night

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What's Cookin'

vegan food! Might be a nice change from the traditional bird for your family!

If you are out and about this week-end, I'll be at the Downtown Georgetown Farmers' Market from about 9:30-11:30ish serving up a tasty treat for you to try. No charge for the sample, the Farmer's Market brings me there once a month to make a recipe featuring some of the delicious bounty that you can buy right there, in season!

Have fun and keep cooking!

Meatloaf Cupcakes

INGREDIENTS

Makes 10

- 10 slices sliced bacon
- 1 lb lean ground beef
- 3 slices white bread, broken into crumbs
- 1 egg
- 2 cooking onions, diced
- 2 tbsp bisto or gravae powder dissolved in half a cup hot water
- 1/2 tsp coarse grind salt
- 1/2 tsp freshly ground black pepper
- 2 large Yukon gold potatoes, peeled and quartered
- 1/4 cup milk
- 2 tbsp butter
- Salt and pepper to taste

METHOD

1. Cut bacon slices two thirds of the original length. Line the inside of 10 muffin tins with bacon standing up and spray the bottom with non-stick spray. Keep the rest of the bacon for later.
2. Mix ground beef, bread, egg, onion, bisto, water, salt and pepper together.
3. Using a potato scoop, scoop up a



heaping scoop and place in each of the 10 lined muffin tins.

4. Place in a 350 degree F. oven, uncovered, for approximately 30 minutes or until meat is cooked through and browned on top.

5. In the meantime, cook, then drain and mash the potatoes with milk, butter, salt and pepper.

6. Remove the meat cupcakes from the oven and top each with mashed potatoes as the "icing".

7. Garnish with a small piece of red pepper in the centre and sprinkle with chopped chives, parsley or grated carrot (these are the "sprinkles").



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