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### CONVECTION MEAL:

### ITALIAN STYLE MEATLOAF, ROASTED VEGGIES AND SUMMER FRUIT SHORTCAKE COBBLER

Successfully cooking a complete meal at one time requires planning but with a little orchestration it's quite simple. Follow these steps for success.

First arrange the oven racks to accommodate the different dishes.

Preheat the oven in the Convection or Convection Bake mode 350 degrees.

#### Timing

Meatloaf 40-45 minutes cooking time + 12 minutes resting time.

Roasted Potatoes and peppers 25 - 30 minutes.

Shortcake Cobbler 40 45 minutes.

If using Convection Bake the Top and Bottom heating elements will be generating the heat while the fan circulates the heated air, so foods placed closer to the elements will receive more direct heat. Ideally, cook the meatloaf and vegetables on the lower rack and the cobbler on the upper rack.

#### Italian Style Meatloaf

This recipe begins with sauteing the onions, garlic and peppers then combining with the remaining ingredients. The meatloaf can



be combined a day in advance of cooking and shaped into a log on a rimmed baking sheet or packed into a loaf pan.

#### Ingredients

1 small yellow onion, finely chopped

4 cloves garlic, minced

1 red pepper, seeds removed, finely chopped

2 lbs ground beef OR 1 lb ground beef mixed with

1 lb mild or spicy bulk Italian sausage

2 large eggs

½ cup breadcrumbs

½ cup fresh basil leaves, chopped

½ cup Italian parsley leaves, chopped

1 cup grated Parmesan cheese

2 tbsp Balsamic vinegar

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½ tsp Kosher salt

Freshly ground pepper to taste

½ cup ketchup or more to taste

### Preparation

Heat a medium sized skillet over moderate heat and add 2 tablespoons of olive oil. Add the onion and saute for a few minutes until it softens. Stir in the garlic, red pepper and seasoning and cook for 8 - 10 minutes until the peppers are soft and slightly charred on the edge. Set the vegetables aside to cool slightly before adding to the remainder of the ingredients.

Combine the remainder of the ingredients in a large mixing bowl and gently fold in the cooked vegetables taking care not to overmix. Pack the meatloaf into a loaf pan or place on a rimmed baking sheet and shape into a tight uniform log. Spread the ketchup evenly over the top.

Slide the tray onto the lower rack in the oven and set the timer for 40 minutes. The meatloaf should be firm to the touch and the internal temperature should reach 160 degrees when checked with an instant read thermometer.

### Roasted Potatoes with Peppers

2lbs small golden potatoes, washed, dried and cut into ½" thick slices

2 bell peppers, use different colors, halved, seeds removed and cut into 1" chunks

1 small red onion, peeled and cut into 1" chunks

½ tsp smoked Spanish paprika (mild or spicy)

2 tbsp olive oil

Combine the vegetables in a medium sized bowl and add the paprika and oil. Just before adding to the oven add in ½ tsp Kosher salt and a little freshly ground pepper. The vegetables can be cooked next to the meatloaf or in a separate tray.

### Summer Fruit Shortcake Cobbler

6 medium nectarines or peaches, pits removed, cut into 2" chunks

2 cups fresh blueberries or blackberries

¼ cups sugar

1 tablespoon all-purpose flour

Combine the fruit and sugar in a 9 x13 oven casserole dish and gently fold in the flour.

Shortcake Topping

1 ¼ cups all purpose flour. Sift into a large bowl

4 tbsp sugar

1 ½ tsp baking powder

½ tsp salt

### In another bowl whisk

1 cup chilled whipping cream

1 large egg

1 tsp vanilla extract

Fold the wet ingredients into the dry ingredients to form the dough, it will be quite soft.

Drop the dough in even mounds over the fruit. The dough can be sprinkled with a little more sugar combined with a ½ tsp ground cinnamon for some added pizzazz. Place the cobbler in the upper portion of the oven and cook for 40 - 45 minutes until the biscuits are golden and firm to the touch.

Each recipe serves 6 - 8 people