

# Portuguese Meat Roll

Contributed by Pricey

Pricey shares his legendary recipe...

This is a recipe for Portuguese Meat Roll, It is lovely as far as I am concerned so I thought I would share it with all of you.

Ingredients.

1 kg fresh minced beef,  
1 whole bulb of garlic,  
1 egg,  
2 handfuls of bread crumbs,  
Edam (or similar)  
Ham (thinly sliced)  
1 carton of passata(or a tin of chopped tomatoes)  
Fresh basil  
1 large glass of Madeira wine or Port.  
Salt & pepper

Method.

The day before you are going to eat it, you need to mix the meat etc.

First put the mince in a large bowl, roughly chop the garlic and add, then add the egg and bread crumbs, Madeira wine and salt & pepper. Mix well, cover with cling film and put in the fridge for 24 hours.

Right, you now need to roll this out. What I do is to cover the worktop in cling film, 3 strips as long as you can get them like so, over lapping.

Next you need to roll the meat out, so it is about the thickness of a lady's finger, and rectangular.

Next put the ham on then the cheese. Then you are ready to roll, grab the cling film and start rolling as tightly as possible.

Next you need to line a baking dish with tin foil so that when closed up to will steam the meat and you will get no leakage, if you know what I mean. I put one length one way then one the other.

Put the meat in then sprinkle with chopped basil, then pour over the passata, then crimp the foil tightly to form a parcel.

Bake in the oven for 75 minutes at 170 Deg.

There you have it. Slice and serve hot or cold with whatever you want. Remember to have plenty of sauce with it.

Enjoy!