

"Best Ever" Meatloaf

Rick Evans



The following "soul food" recipe was initially used by my dad Jack Evans, a BC Notary Public and a past President of The Society of Notaries Public.

- 2 medium eggs
- $\frac{2}{3}$ cup milk
- 2 tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 3 (or more) slices fresh white bread or cheese bread, crumbled
- 1 medium white onion, chopped
- $\frac{1}{2}$ cup shredded carrot
- 1 cup shredded cheddar cheese
- $\frac{1}{2}$ lb. ground beef
- $\frac{1}{2}$ lb. ground veal
- $\frac{1}{2}$ lb. ground pork
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ cup ketchup
- 1 T. prepared (or dry) mustard



Break eggs into large bowl and beat. Add milk, salt, pepper, and crumbled bread.

Beat or stir until bread disintegrates. Add rest of ingredients, mix well (use your hands for a complete mix), and pack into a 9" x 5" pan. (Pyrex is best for even cooking.)

Combine brown sugar, ketchup, and mustard. Spread over the meatloaf. Cook at 350° for 1 hour.



When asked to provide his favourite recipe, George Cadman responded simply, "It's all in my head. . . it's always an experiment, which makes it all the more interesting. The Summer BBQ is steaks, chicken, 'secret' marinades (all wine-based, of course), and salads 'composed' from all that is fresh and available. Who could ever write down all that?"

Chocolate Cake

Bob Reid



With granddaughters Emma, 4 $\frac{1}{2}$ (at right), and Lily, who will be 2 in May

Robin inherited this authentic ancient family recipe from her maternal grandmother.

The Cake

Melt 1 $\frac{1}{2}$ squares of unsweetened chocolate (or 4 T. cocoa) with 3 tbsp. butter. Place in bowl and let cool.

Add the following.

- 1 cup sugar
- $\frac{1}{2}$ cup milk
- 1 cup cake flour
- 1 tsp. baking powder

Break 2 eggs into the mixture. After all ingredients are added, beat vigorously with an egg beater.

Bake in an 8" x 8" (or heart-shaped) baking pan at 350° F (180° C) for about 40 minutes.

The Icing

- 1 cup icing sugar
- 2 T. melted butter
- 1 large square melted unsweetened chocolate
- 1 egg
- $\frac{1}{4}$ cup milk

Place ingredients in a bowl. Now put bowl in pan of cold water to keep cold. Beat until blended.