

Italian-Style STUFFED MEATLOAF (POLPETTONE)

Recipe Details

- **Difficulty:** Easy
- **Cost:** Budget-Friendly
- **Prep Time:** 15 minutes
- **Cook Time:** 50 minutes
- **Servings:** 4–5 people
- **Cooking Method:** Oven-Baked
- **Cuisine:** Italian

Ingredients

For the Meatloaf

- 14 oz ground veal (or ground beef if preferred)
- 1 large egg
- 2 slices white sandwich bread
- 2–3 tbsp milk
- 6 tbsp grated Parmesan cheese
- 2–4 tbsp breadcrumbs (as needed)
- 2 tbsp chopped fresh parsley
- Salt, to taste
- Black pepper, to taste
- Pinch of ground nutmeg

For the Filling

- 7 oz sliced cooked ham (prosciutto cotto or deli ham)
- 7 oz mozzarella or provolone cheese, sliced

For Baking

- Extra virgin olive oil
 - Splash of dry white wine
-

Instructions

1. Prepare the Meat Mixture

In a large bowl, combine the ground veal, egg, parsley, grated cheese, salt, pepper, and nutmeg.

Soak the bread slices in milk for a minute, then squeeze out excess liquid and add them to the bowl.

Mix everything together with your hands until smooth and well combined. Add breadcrumbs little by little until the mixture is soft but firm enough to hold shape.

2. Shape and Fill

Place the meat mixture onto a sheet of parchment paper. Flatten it into a rectangle about ½ inch thick.

Layer the sliced ham over the meat, then top with mozzarella slices.

3. Roll the Meatloaf

Using the parchment paper to help, gently roll the meat into a log, sealing the sides well so the filling stays inside.

Wrap the loaf in a fresh sheet of parchment paper like a large candy wrapper.

Drizzle with olive oil and a splash of white wine before sealing.

4. Bake

Preheat oven to **400°F**.

Place the wrapped meatloaf in a baking dish and bake for **50 minutes**, or until fully cooked through.

5. Rest and Serve

Let it cool for 10 minutes before slicing.

Serve warm with **roasted potatoes** or a fresh green salad.

Tips

- Swap veal for ground beef, pork, or turkey.
- For extra browning, unwrap during the last 10 minutes of baking.
- Use low-moisture mozzarella for less liquid inside.