

## Kimchi Meatloaf

<http://userealbutter.com/2015/01/25/kimchi-meatloaf-recipe/>  
from [Five and Spice](#)

### meatloaf

2 lbs. ground beef (or half ground beef and half ground pork)  
1 cup kimchi, finely chopped  
6 tbsps milk  
3 cloves garlic, minced  
1 tbsp ginger, grated  
1/2 yellow onion, grated on a box grater (I used the “small” shredder instead)  
1 1/2 cups panko crumbs  
1 large egg, lightly beaten  
3 tbsps cornstarch or tapioca starch  
1 tbsp soy sauce  
1 tsp fish sauce (or 1 tsp salt per the original recipe)  
2 tsps toasted sesame oil  
1/4 tsp black pepper, freshly ground

### glaze

2 tbsps gochujang (or Sriracha or chili-garlic paste)  
2 tbsps ketchup  
2 tbsps maple syrup or brown sugar  
1 tbsp yellow mustard  
1 tbsp sesame oil

Preheat the oven to 450°F. Place all of the meatloaf ingredients in a large bowl and mix together with your hand(s). Using your hands is particularly good for working out any clumps of cornstarch. Make sure everything is thoroughly combined. On a parchment-lined rimmed baking sheet, form the mixture into a loaf shape. Place all of the glaze ingredients into a medium bowl or measuring cup and whisk until smooth. Brush half of the glaze over the meatloaf, covering all exposed areas. Bake the meatloaf for 10 minutes. Reduce the oven temperature to 400°F and bake for 30 minutes. Remove the meatloaf from the oven and brush the remaining glaze over the entire loaf. Return the meatloaf to the oven and bake another 10-20 minutes until the internal temperature reads a minimum of 160°F with a meat thermometer. Take the meatloaf out of the oven and let it rest for 10 minutes. Serves 8. Make extra glaze to serve alongside the meatloaf if you are a fan of “sauce”.