

Moussaka



<http://www.mygreekdish.com/recipe/mousakas/>

Base ingredients

- 4 aubergines/eggplants
- vegetable oil (for frying the eggplants)

For the meat sauce

- 500g minced lamb
- 2 red onions (chopped)
- 2 cloves of garlic (chopped)
- 1 tin chopped tomatoes
- 2 tbsp tomato puree
- 1 teaspoon sugar
- sea salt and freshly ground black pepper (school will provide)
- 1 bay leaf (school will provide)
- a pinch of cinnamon or one cinnamon stick (optional)
- 1/4 of a cup olive oil

For the béchamel sauce

- 900ml milk
- 120g butter
- 120g flour
- a pinch of nutmeg (optional)
- 2 egg yolks
- 100g cheese of your choice for the top
- Large oven-proof dish – YOU MUST BRING THIS

Preheat oven to 200/gas 6

Remove the stalks from the eggplants and cut them into **slices**, 1 cm thick. Season with salt and place in a colander for about half an hour.

Heat a large pan to medium -high heat and add the olive oil. Stir in the chopped onions and sauté, until softened and slightly colored. Stir in the garlic, tomato puree and the mince breaking it up with a wooden spoon and sauté. Add the tinned tomatoes, the sugar, a pinch of cinnamon, 1 bay leaf and a good pinch of salt and pepper. Bring to the boil, turn the heat down and simmer for about 30 minutes, until most of the juices have evaporated.

Rinse the eggplants with plenty of water and squeeze with your hands, to get rid of the excessive water. Pat them dry and fry in plenty of oil, until nicely colored. Place the fried eggplants on some paper, in order to absorb the oil.

Prepare the béchamel sauce for the moussaka. Use a large pan to melt some butter over low-medium heat. Add the flour whisking continuously to make a paste. Add warmed milk in a steady stream; keep whisking in order to prevent your sauce from getting lumpy. If the sauce still needs to

thicken, boil over low heat while continuing to stir. Remove the pan from the stove and stir in the egg yolks, salt, pepper, a pinch of nutmeg and the grated cheese. Whisk quickly, in order to prevent the eggs from turning an omelette.

Assemble the moussaka in your oven-proof dish. Butter the bottom and sides of the dish and layer the eggplants. Pour in the meat sauce and even out. Add a second layer of eggplants, add more meat sauce, then another layer off eggplants and top with the béchamel sauce and smooth out with a spatula.

Sprinkle with grated cheese and bake in preheated oven for about 60 minutes, until crust turns light golden brown.