



Moussaka

by Eleni Aslanidis

“This is a traditional Greek recipe and one that is famous!”

INGREDIENTS

2 large eggplants, thinly sliced
olive oil
1 medium brown onion,
chopped
2 garlic cloves, crushed
800g lamb mince
420g tinned crushed tomatoes
cinnamon
oregano
10 tablespoons salted butter
10 tablespoons plain flour
5 cups light milk
shredded mozzarella cheese

METHOD

1. For bottom layer: Place eggplants in a baking tray greased with olive oil, gently overlapping to ensure the tray is covered. Oven bake until brown and set aside.
2. For mince filling: On medium heat, add olive oil, onion and garlic to the pot. Cook until onions and garlic are translucent. Add mince, stir in until brown and broken up well. Then, add tinned crushed tomatoes, cinnamon and oregano to mince. Bring to the boil then reduce heat to medium. Allow to simmer until sauce thickens and the liquid evaporates.
3. For béchamel sauce: In a separate pot on high heat, add the butter, flour and milk altogether, stirring quickly until all contents have combined. Do not stop stirring until the sauce has thickened and the flour has evaporated into the mixture. This may take at least 5 minutes.
4. To assemble, pour the mince filling on top of the eggplant in the original tray, covering fully. Cover the mince filling with the béchamel sauce. Sprinkle shredded mozzarella cheese to finish (optional).

