

Moussaka

Serves 8

- 3 potatoes
- 2 large eggplants*
- salt
- pepper

For ground meat

- 1-2 onions, finely chopped
- 2 T olive oil
- 1 clove of garlic, minced
- thyme (handful)
- 1 tsp granulated sugar
- ½ tsp ground cloves
- 1 tsp ground cinnamon
- 1 T tomato paste
- 500 g ground meat
- 400 g canned chopped tomatoes
- 60 g panko
- salt
- pepper
- ½ bunch parsley (roughly chopped)
- ½ bunch basil (roughly chopped)

For béchamel sauce (Mornay sauce if using cheese and egg yolks)

- 200 g butter
- 130 g all-purpose flour
- 1 liter milk
- salt
- pepper
- pinch of ground nutmeg
- 150 g parmesan, grated (optional)
- 2 beaten egg yolks

To serve

- Fresh herbs
- 1 tsp olive oil

Method

1. Preheat oven to **225°C**.
2. Add **olive oil** to bottom of baking pan
3. Place 6-mm sliced **eggplant** into bottom of pan. For each layer drizzle on more **olive oil** (1-2 T), a little **salt** and **pepper**. Put into oven.
4. Take unpeeled and clean **potatoes**, cook whole in microwave for **about 10 minutes on high (1000W)**. Cool down.
5. Slice into 6-mm rounds and layer over eggplant. Season with **salt** and **pepper** and a drizzle of olive oil.
6. Return casserole to oven (eggplant and potatoes)



*Eggplant prep

- Cut eggplants into 6-7 mm slices
- Sprinkle with salt and put in collander for 1 hour
- Rinse off and dry with towel. Press down to dry so to remove as much moisture as possible

7. After meat sauce is done, remove casserole from oven
8. Pour tomato/meat sauce over potatoes and eggplant

Meat sauce

1. Place a pot over **high heat** and add **1-2 T olive oil**.
2. Chop **onions** and add to pan.
3. Finely chop the **garlic** and add to pan along with **thyme** and **sugar**, **cinnamon** and **cloves**. **Sauté for 2-3 minutes** until they are caramelized.
4. Add the **ground meat** and break it up with a wooden spoon. Sauté until golden brown.
5. Add the **tomato paste**, sauté and work in.
6. Add the chopped **tomatoes**, **1 can of water** and **simmer for 15-20 minutes** until the sauce thickens (like a thick pasta sauce, not soupy).
7. Add **60 g panko** to tighten up sauce
8. Remove from heat and add the **parsley** and coarsely chopped **basil**. Season with **salt** and **pepper**.

For the béchamel sauce

1. Place a pan over **medium heat**.
2. Add the **butter** and let it melt.
3. Add the **flour** and whisk until it soaks up all of the butter. Need to cook for a little bit to bring out nuttiness.
4. Add the **milk** in small batches while continuously whisking so that no lumps form.
5. As soon as the béchamel sauce thickens and bubbles start to form on the surface, remove from heat.
6. Add the **nutmeg**, **salt**, **pepper**, 100 g **parmesan** and 2 **egg yolks**. Whisk thoroughly.

To assemble

1. Preheat oven to **220°C**.
2. Start with **eggplant** layer, then **potatoes**.
3. Spread the **ground meat** over the **vegetables**.
4. Spread **béchamel sauce** over top and sprinkle with **50 g of grated parmesan**.
5. Sprinkle a little **smoked Paprika** over top
6. Bake in **220°C** oven for **about 45 minutes or until golden brown on top**.
7. Remove from oven and allow to cool (**about 30-60 minutes**).
8. Serve with **fresh herbs** and **olive oil** over the top.

YouTube:

<https://www.youtube.com/watch?v=SEKOVD1oRgk>