

**ERASMUS+ KA229 PROJECT:
“PROIECT” PRomotion Of Identity, Euopean Culture and Tradition
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P29 ACTIVITY OF THE “GENIKO LIKIO HORTIATI” (January 2021)**

THE TRADITIONAL GREEK DISH “MOUSAKAS (ΜΟΥΣΑΚΑΣ)”

“Mousakas” is a traditional Greek dish that is prepared and served both at home and in taverns or restaurants.



Recipe

Ingredients

- 750 g beef mince
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 1 dried oregano
- 1½ teaspoon dried mint
- 1 bay leaf
- 1 cinnamon stick

- 1 tablespoon plain flour
- 200 ml red wine
- 400 g tin chopped tomatoes
- 2 tablespoon tomato purée
- 2 aubergines, cut into 5mm slices
- 1 tablespoon fine sea salt
- 100 ml olive oil
- 500 g potatoes, peeled and thinly sliced
- sea salt and freshly ground black pepper

For the white sauce

- 50 g butter
- 50 g plain flour
- 400 ml milk
- 25 g Parmesan, finely grated
- 1 teaspoon finely grated nutmeg
- 1 free-range egg, beaten

Method

Put the beef, onion, garlic, oregano, mint, bay and cinnamon in a large heavy-based frying pan and cook over a medium heat for 10 minutes, stirring with a wooden spoon to break up the meat.

Stir in the flour and add a good pinch of salt and pepper. Add the wine, tomatoes and tomato purée and bring to a simmer. Cook for 30 minutes, stirring occasionally, until the beef is tender and the sauce has thickened. Season again if needed and set aside.

Meanwhile, place the aubergine slices in a colander and sprinkle with the tablespoon of salt. Set aside for 10 minutes.

Rinse the aubergine slices under cold running water and pat dry with a clean tea towel. Heat 3 tablespoons of the oil in a large heavy-based frying pan and fry the aubergines for 2–3 minutes on each side, adding more oil when necessary. Remove from the pan and set aside to drain on kitchen paper.

Cook the potatoes in boiling water for 5 minutes, then drain in a colander under running water until cold.

Preheat the oven to 200 °C/180 °C Fan/Gas 6.

To make the white sauce, melt the butter in a large saucepan and stir in the flour. Cook for a few seconds, then gradually stir in the milk. Add half the Parmesan and the grated nutmeg. Simmer the sauce gently for 4–5 minutes, stirring regularly. Season with salt and pepper.

Remove the saucepan from the heat and allow the sauce to cool. When cooled, stir in the egg.

Spoon one-third of the meat sauce into a shallow ovenproof dish large enough to hold 2.5 litres. Cover loosely with a third of the potatoes and then a third of the aubergines – you don't need complete layers, just to arrange them roughly on top. Repeat the layers twice more, finishing with the aubergines. Pour over the white sauce, making sure it covers everything in a thick, even layer. Sprinkle with the remaining Parmesan. Bake for 35–45 minutes, or until it gets a deep golden brown colour.