



Greek Moussaka



Moussaka is a casserole made by layering eggplant with a spiced meat filling then topping it off with a creamy bechamel sauce that is baked to golden perfection.

It is perhaps the most widely recognized of all Greek dishes.

This eggplant version is the traditional rendition, however you can also layer in potatoes, zucchini, or whatever vegetables you prefer. It's hearty and filling so you won't need many side dishes.

INGREDIENTS

- 3-4 eggplants
- 4-5 potatoes
- 4-5 zucchini
- 1 1/2 kgr ground beef (or lamb)
- 2 large onions, finely diced
- 2 cloves garlic, minced
- 1/2 cup red wine
- 1/4 cup chopped fresh parsley
- 1 tbsp. ground cinnamon
- 1 cup tomato puree (or crushed tomatoes)
- 2 tbsp. tomato paste
- 1 tbsp. sugar
- Salt and pepper to taste





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- 1 cup plain breadcrumbs
- 1 cup grated Kefalotyri or Parmesan cheese

INGREDIENTS FOR THE BECHAMEL SAUCE

- 1 cup salted butter (2 sticks)
- 1 cup flour
- 4 cups milk, warmed
- 2 eggs, lightly beaten
- Pinch of ground nutmeg

DIRECTIONS

Prepare the Vegetables:

Using a sharp peeler, partially peel the eggplants, leaving strips of peel about 1 inch wide around the eggplant. Slice the eggplant in to 1/2 inch slices. Place the eggplant slices in a colander and salt them liberally. Cover them with an inverted plate that is weighted down by a heavy can or jar. Place the colander in the sink so that excess moisture can be drawn out. They will need to sit for at least 15-20 minutes, preferably an hour. The salt also helps to remove some of the bitterness of the eggplant.

Peel the potatoes, slice them in to 1/2 inch slices and boil them until they are just done. They should not get too soft, just cooked enough so that they no longer crunch. Drain, cool and set aside.

Do the same for the eggplants and zucchinis.

Preheat the oven to 200C degrees.

Make the Meat Filling:

In a large sauté pan, brown the ground beef (or lamb) until the pink color disappears. Add onion until translucent, about 5 minutes. Add garlic and cook until fragrant, about 1 minute.

Add wine to pan and allow it to simmer and reduce a bit before adding cinnamon, parsley, tomato paste, crushed tomatoes, and sugar. Allow the sauce to simmer uncovered for approximately 15 minutes so that excess liquid can evaporate. It should be a drier, chunkier, tomato sauce. Season to taste with salt and pepper.

Make the Béchamel Sauce:

Melt butter over low heat. Using a whisk, add flour to melted butter whisking continuously to make a smooth paste. Allow the flour to cook for a minute but do not allow it to brown.



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Add warmed milk to mixture in a steady stream, whisking continuously.

Simmer over low heat until it thickens a bit but does not boil.

Remove from heat, and stir in beaten eggs and pinch of nutmeg. Return to heat and stir until sauce thickens.

Assemble the Moussaka:

Lightly grease a large deep baking pan (lasagna pan). Sprinkle the bottom of pan with breadcrumbs. Leaving a 1/4 inch space around the edges of the pan, place a layer of potatoes on the bottom. Top with a layer of zucchini slices. Top with a layer of eggplant slices.

Add meat sauce on top of eggplant layer and sprinkle with 1/4 of the grated cheese. Top with another layer of eggplant slices and sprinkle once again with 1/4 of the grated cheese.

Pour the béchamel sauce over the eggplant and be sure to allow sauce to fill the sides and corners of the pan. Smooth the béchamel on top with a spatula and sprinkle with remaining grated cheese. Bake in a 200C oven for 45 minutes or until béchamel sauce is a nice golden brown color. Allow to cool for 15 – 20 minutes before slicing and serving.

pofta buna

dobry apetyt

iyi iřtah



KALI OREKSI

buon appetito



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