Main dishes / Greece

Moussaka



Aubergine, a meat sauce with cinnamon and a thick layer of béchamel, baked until it sets firm enough to cut.

Time 115 min **Servings** 6

What you'll need.

- ☐ 3 piece Aubergines — in centimetre slices
- ☐ 600 g Minced lamb or beef
- ☐ 3 clove Garlic
- ☐ 120 ml Dry red wine
- ☐ 80 g Butter
- ☐ 700 ml Milk
- ☐ 80 g Kefalotyri or parmesan — grated
- ☐ Salt, pepper, nutmeg — to taste
- ☐ 2 piece Potatoes — thinly sliced
- ☐ 1 piece Onion
- ☐ 400 g Tinned tomatoes
- ☐ 1 tsp Cinnamon
- ☐ 80 g Plain flour
- ☐ 2 piece Egg yolks
- ☐ 60 ml Olive oil

Let's make it.

01 Salt the aubergine slices and leave them in a colander for half an hour, then pat them dry. Brush with oil and roast at 200 °C for twenty minutes until soft and golden.

02 Fry the onion until soft, add the mince and cook, breaking up the lumps, until every drop of water has gone and the meat starts to brown. Pour in the wine and let it cook away.

03 Add the garlic, tomatoes and cinnamon and simmer for twenty minutes. The sauce is right when a spoon drawn across the bottom leaves a track behind it.

04 Melt the butter, whisk in the flour and cook for a minute. Pour in warm milk in a thin stream, whisking without stopping, and cook to the thickness of soured cream. Off the heat, add nutmeg, the yolks and half the cheese.

05 Layer it up: potato, aubergine, meat sauce, aubergine again. Pour the béchamel over and scatter the rest of the cheese.

06 Bake at 180 °C for forty-five minutes until the top is golden. Let it stand for half an hour before cutting: hot moussaka does not slice, it slumps.

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