

# Traditional Moussaka

## **Ingredients:**

**6 medium aubergines** (sliced)  
**750g beef** or lamb mince  
**2 cloves of garlic** (minced)  
**500g tomatoes** (chopped)  
**900 ml milk** (warmed)  
**2 egg yolks**  
**100g hard cheese** (grated)  
2 red onions (chopped)  
1/4 cup olive oil  
120g butter  
120g flour  
1 tsp sugar  
1 glass of red wine  
1 bay leaf  
1 pinch of cinnamon  
1 pinch of nutmeg  
sunflower oil  
sea salt and freshly ground pepper



**\*Look for bold ingredients at the market.**

## **Serve with: Greek Feta Salad**

Use tomatoes, red onion, cucumber, green pepper, black olives, feta cheese, red wine vinegar, olive oil, dried oregano and sea salt.

## **Directions:**

1. Season the 1 cm thick aubergine slices with salt and put aside for about half an hour.
2. Heat a saucepan, add sunflower oil and fry the onion. Add the garlic and fry for a minute, then add the chopped tomatoes. Cover and let simmer.
3. Rinse the aubergines and squeeze with your hands, to get rid of the excessive water. Pat them dry and fry in plenty of sunflower oil until browned. Drain the aubergines on kitchen paper.
4. Prepare the meat sauce for the moussaka. Heat a large pan and add the olive oil. Stir in the mince, breaking it up with a wooden spoon and sauté. Pour in the red wine and wait to evaporate. Add the cooked tomatoes, the sugar, a pinch of cinnamon, 1 bay leaf and salt and pepper to taste. Bring to the boil, turn the heat down and simmer with the lid on for about 30 minutes until most of the juices have evaporated.
5. Prepare the béchamel sauce for the moussaka. Use a large saucepan to melt the butter over low-medium heat. Add the flour, whisking continuously to make a paste. Add warm milk in a

steady stream while whisking vigorously. If the sauce still needs to thicken, boil over low heat while continuing to stir. Remove the pan from the stove and let cool for a minute. Stir in the egg yolks, salt, pepper, a pinch of nutmeg and the grated cheese.

6. Butter the bottom and sides of a large baking dish, approx. 20cm x 30cm, and layer half of the aubergines. Pour in the meat sauce and even out. Add a second layer of aubergines, top with the béchamel sauce and smooth out with a spatula.
7. Sprinkle with grated cheese and bake the moussaka in a preheated oven at 180-200C for about 60 minutes, until the top turns golden. Leave to cool for around 30 minutes while preparing the Greek salad.