

MOUSSAKA



INGREDIENTS

Vegetables

- 3 potatoes
- 2 zucchinis
- 2 eggplants
- salt
- sunflower oil

Minced meat

- 1 onion
- 3 tablespoons of olive oil
- 1 pinch of dry garlic
- 1 pinch of ground cloves
- 1 pinch of ground cinammon
- 1 pinch of pimento
- 1 pinch of oregano
- 1 pinch of paprica
- 1 tablespoon of sugar
- 1 tablespoon of concentrated tomato paste
- 1 Kg minced pork and beef meat
- half glass of red wine
- salt
- pepper

Bechamel sauce

- 100 gr butter
- 150 gr semolina
- 1,5 lt whole fat milk
- 1 tablespoon ground nutmeg
- 2 eggs
- 100 gr grated hard cheese
- salt
- pepper

RECIPE

Vegetables

Place a large pan over high heat. Add the sunflower oil and let it get hot.

Peel the potatoes and slice them into thin rounds. Fry them.

Slice the eggplants and zucchini into thin rounds and fry them, too.

Remove with a slotted spoon and transfer to a plate lined with paper towels. Allow to drain from excess oil.

In a 25X 32 backing pan spread a layer of potatoes, cover with a layer of eggplants and top with a layer of zucchini. Season in between layers and also add some grated cheese.

Minced meat

Place a large pan over high heat and add the olive oil.

Coarsely chop the onion and add to pan.

Add the garlic, cloves, cinnamon, pimento, paprica and sugar. Sauté for 2-3 minutes until they caramelize nicely.

Add the ground meat and break it up with a wooden spoon. Sauté until golden brown.

Add the wine.

Add the tomato paste and sauté so that it loses its bitterness.

Add oregano, lower heat and simmer for 5-10 minutes until the sauce thickens.

Remove from heat. Season with salt and pepper.

Spread the ground meat over the vegetables.

Sprinkle with grated cheese.



Preheat oven to 180* C Fan.

Bechamel sauce

Place a pot over medium heat.

Add the butter and let it melt.

Add the semolina and whisk until it soaks up all of the butter.

Add the milk in small batches while continuously whisking so that no lumps form.

As soon as the béchamel sauce thickens and bubbles start to form on the surface, remove from heat.

Add the nutmeg, salt, pepper, 100 gr of grated cheese and 2 eggs whisked. Whisk thoroughly.

Place the bechamel on top of the minced meat.

Sprinkle with grated cheese.

Bake for 35-40 minutes, until golden.

When ready, remove from oven and allow to cool.

ENJOY!