

Moussaka

A Greek baked dish consisting of layers of sautéed slices of potato, eggplant & ground lamb/beef.

Eggplant:

2 large eggplants – cut lengthwise into ½ inch slices

½ cup olive oil

garlic powder

1 large potato cut lengthwise into ¼ inch slices

Meat Sauce:

2 tbl sp olive oil

½ med yellow onion chopped

3 cloves garlic , minced

2 pounds of ground beef, lamb or mixed

½ tsp dried oregano

1/8 tsp ground allspice

pinch of ground cloves

1 cinnamon stick

½ tsp salt

1 ½ cups whole milk, peeled canned tomatoes with puree, roughly chopped

1 bay leaf

Custard Sauce:

5 tbl sp unsalted butter
6 tbl sp all-purpose flour
3 cups of whole milk
1 ½ tsp kosher salt
pinch nutmeg
2 xlrge eggs
½ cups dried bread crumbs
3 tbl sp pecorino romano cheese

Directions:

Preheat oven 475* Brush both slices of the eggplant with olive oil. Lay on foil lined baking sheet. Season with salt, pepper and garlic powder. Bake until eggplant is soft ... about 20/25 min. Set aside covered.

Meat sauce- heat olive oil in a large skillet over medium heat. Add the onions cook about 5 minutes until lightly brown. Add garlic cook one minute. Add beef/lamb oregano, allspice, cloves and cinnamon. Salt & pepper . Cook and stir for another few minutes then add the tomatoes, bay leaf and bring to a simmer. Cover and cook until the sauce is thickened about 25 minutes.

Custard: Melt the butter in a medium saucepan over medium heat. Whisk in the flour until smooth. Cook, stirring for 1 minute. Remove from heat and add milk, salt & nutmeg. Return to heat and whisk constantly bringing to a slight boil. Simmer 2 minutes . Transfer the sauce to bowl and stir to cool. When sauce is cool whisk in the eggs... (must be cool enough so egg does not cook).

Assemble the moussaka: Lower the oven to 350*. Oil a 9X13 casserole dish. Layer with the potato. Then half of the eggplant, half the meat sauce then the remaining eggplant and next layer meat sauce. Pour the custard sauce over the top. Sprinkle with cheese and bread crumbs. Bake uncovered until custard is lightly brown about 1 hour. Let sit for 10 minutes before cutting.