

The Best Moussaka Ever

Serves: 8

Prep time: 50 minutes

Cook time: 1 ½ hours



3 ½ serves per portion

Ingredients

Meat layer:

500g lean lamb mince

500g lean beef mince

1 brown onion, finely chopped

5 cloves garlic, very finely chopped

1 teaspoon lamb herb blend

Pinch of ground black pepper

1 can diced tomatoes, reduced salt

4 tablespoons tomato paste, reduced salt

2 tablespoons tomato sauce, reduced salt

½ teaspoon cinnamon

½ teaspoon ground cloves

½ teaspoon allspice

Vegetable layer:

2 large eggplants, sliced lengthways (1cm slices)

2 tablespoons olive oil

4 large zucchinis, sliced lengthways (½ cm slices)

5 large potatoes, washed and sliced length ways

Method

PREHEAT oven to 180°C.

Meat layer:

PLACE the minced lamb and beef in a large saucepan and dry fry until starting to brown.

ADD onion, garlic, lamb herbs and pepper. Stir constantly so that large lumps don't form as the mince needs to be reasonably smooth. Cook until all the meat is browned and onions are soft.

ADD the canned tomatoes, tomato paste, tomato sauce and spices. Adjust the herbs and pepper to taste, then set aside to cool.

Vegetable layer:

WASH the eggplant slices and lay on paper towel to drain. Turn after 30 minutes and do the other side.

HEAT a little of the olive oil in a frypan over medium heat. Fry the eggplant slices until golden on both sides, then drain any excess oil.

LAY zucchini slices on oven trays, lightly brush with olive oil and bake until slightly browned on both sides.

FRY the sliced potatoes in oil until lightly browned, then drain any excess oil.

Method continued next page...



Everyday Food

Bechamel sauce:

140g butter or olive oil spread

140g plain flour

1 ½ – 2L milk, reduced fat

4 eggs, beaten

Garlic powder, to taste

Black pepper, to taste

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Method (*continued*)

Bechamel sauce:

MELT the butter or spread in a saucepan over medium heat. Add the flour, whisking to make a nice thick buttery paste.

ADD the milk slowly, stirring after each addition so that there are no lumps. Don't rush this stage. When you have added the 1 ½ litres of milk you should have a nice thick, smooth sauce, however if it is too thick and heavy still, add a little more milk.

REMOVE the pan from the heat and let cool if bubbling before proceeding to add remaining ingredients. If not bubbling, add the beaten eggs, garlic powder and pepper, mix well.

Construction:

REDUCE oven to 160°C. Grease the base of a long, deep baking dish.

LAYER in the potatoes covering the base well.

STIR the meat then lay in a third of the meat mix. Add a layer of eggplant, then another third of the meat. Follow with a layer of zucchini and the final layer of mince.

TOP with the bechamel sauce and a sprinkle of allspice.

BAKE for 1 to 1 ¼ hours until cooked through and golden brown.

Recipe courtesy of Marina Taylor, Imbil Branch