The Cayenne Kitchen

Moussaka

Ref:

Serves 4   **Cuisine: Greek**

Preparation Time: 25 Minutes
Cooking Time: 1 Hour 25 Minutes

Ingredients:

500g	Lamb Mince
3	Aubergines cut into rounds about 1 cm thick
300g	Onions, sliced
2 cloves	Garlic, chopped
2 tbsp	Tomato puree
75 ml	Red wine
1 tsp	Ground cinnamon

Curly parsley
Salt and freshly milled black pepper
Olive oil

For the topping:

75 g	Butter
75 g	Plain flour
570ml	Milk
50ml	Double cream
50g	Cheddar cheese, grated
2	Eggs

Freshly grated nutmeg

Method:

1.   Pre-heat the oven to 180°C.
2.   Fry the onions and chopped garlic in olive oil for about 5 minutes.
3.   Add the mince to the pan to brown, stirring it to break it up.
3.   In a bowl, mix the tomato puree, wine, cinnamon and parsley and season well.
4.   Pour the mixture into the pan, stir well and leave on a gentle heat to simmer for 20 minutes.
5.   Heat some olive oil in a large surface frying pan (I use a Paella pan) then dry the aubergine slices with kitchen paper and add to the pan in batches. Fry until golden brown on both sides then reserve a drain.
6.   Take a casserole or other-proof dish, arrange some of the aubergines in it then spread some of the mince mixture over.

7.   Add another layer of aubergines then mince mixture and repeat until its all used up.
8.   Make the topping – melt the butter in a pan and stir in the flour until smooth then add the milk gradually, whisking continuously with each addition of milk until you have a smooth white sauce.
9.   Stir in the grated cheese followed by a seasoning of salt, pepper and grated nutmeg.
10.   Add a little double cream for extra silkiness.
11.   Remove from the heat and allow the sauce to cool.
12.   Whisk the eggs on their own and then whisk into the sauce.
13.   Pour the sauce over the meat and aubergines then bake uncovered for 1 hour until the topping is fluffy and golden.

To Serve:

Nice served with just about anything! Maybe a Greek Salad on the side.

Chef's Notes:

No need to salt and drain the aubergines these days.

Don't over-cook or the topping will turn into scrambled eggs!