

Moussaka

Submitted by Betsy Ding
Serves 6

Ingredients:

- 2 large eggplants – peeled and thinly sliced
- 3 t olive oil
- 1 ½ lb lean minced ground beef or lamb
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 large fresh tomatoes, chopped or 7 oz canned chopped tomatoes
- ½ c. dry white wine
- 3 T. chopped fresh parsley
- 3 T. fresh breadcrumbs
- 2 egg whites
- Salt and ground black pepper

For the Topping:

- 3 T. butter
- 1/3 c. flour
- 1 2/3 c. milk
- ½ t. nutmeg
- 1 ¼ c. grated Kefalotiri cheese or Parmesan
- 2 egg yolks, plus 1 whole egg

Directions:

1. Layer eggplant in a colander, sprinkling each layer with salt. Drain over a sink for 20 minutes, then rinse the salt off thoroughly and pat dry with paper towel.
2. Preheat the oven to 375 degrees. Spread out the eggplant in a roasting pan. Brush them with olive oil, then bake for 10 minutes or until just softened. Remove and cool. Leave the oven on.
3. Make the meat sauce. Heat the olive oil in a large pan and brown the minced beef, stirring frequently. When the meat is no

longer pink and looks crumbly, add the onion and garlic and cook for 5 minutes.

4. Add the tomatoes to the pan and stir in the wine. Season with plenty of salt and pepper to taste.
5. Bring to a boil, then lower the heat and cover and simmer for 15 minutes. Remove the pan from the heat i.e. to cool for about 10 minutes. Then add parsley, bread crumbs and egg whites.
6. Lightly grease a large baking dish and spread out half the eggplant in an even layer on the base. Spoon the meat sauce, spread it evenly, top with the remaining eggplant.
7. To make the topping, put the butter, flour and milk in a pan. Bring to boil over low heat, whisking all the time, until the mixture thickens to form smooth, creamy sauce. Lower the heat and simmer for 2 minutes. Remove pan from the heat, season, then add nutmeg and half the cheese.
8. Cook for 5 minutes, then beat in egg yolks and the whole egg. Pour sauce over the eggplant, topping & sprinkle remaining cheese. Bake for 30 – 40 minutes or until brown. Allow to stand for 10 minutes before serving.

Variation: Use sliced par-boiled potatoes or zucchini instead of eggplant and substitute grated mature cheddar cheese or gruyere cheese instead of parmesan.