

Moussaka

Greek · Main Course · Medium · 90 min total · Serves 8

Layered baked casserole of eggplant, spiced meat, and creamy béchamel — Greek comfort food.

Ingredients

- 3 large eggplant (sliced)
- 1.5 lb ground lamb
- 1 large onion (diced)
- 3 cloves garlic (minced)
- 1.5 cups tomato puree
- 0.5 tsp cinnamon
- 0.5 tsp allspice
- 4 tbsp butter
- 4 tbsp flour
- 2 cups milk
- 2 eggs
- 0.5 cup Parmigiano
- 1 tsp salt

Method

1. Salt eggplant slices, sit 30 min. Rinse, pat dry. Fry in oil until golden.
2. Brown lamb, add onion, garlic, tomato, spices. Simmer 20 min.
3. Make béchamel: melt butter, flour, milk. Whisk until thick. Off heat, whisk in eggs.
4. Layer eggplant, meat sauce, repeat. Top with béchamel and cheese.
5. Bake at 375°F for 40-45 min. Rest 10 min.

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