

Moussaka

A great alternative to lasagne and best cooked the day before required

Serves 8



Ingredients

1 large eggplant, thinly sliced
course cooking salt
olive oil
2 medium potatoes, thinly sliced
2 tablespoons packaged breadcrumbs
¼ cup grated hard cheese (eg parmesan or pecorino)

Meat sauce

1 tablespoon olive oil
1 medium onion, chopped
1 clove garlic, crushed
1 kg Cypress Creek minced lamb
¼ cup chopped fresh parsley
425g can tomatoes or fresh equivalent
2 tablespoons tomato paste
½ cup dry white wine
1 dessertspoon chopped oregano leaves
¼ teaspoon ground cinnamon

Cheese sauce

60g butter
1/3 cup plain flour
2 cups milk
¼ teaspoon ground nutmeg
1/3 cup grated parmesan or other hard cheese
1 egg lightly beaten

Method

Sprinkle eggplant with salt, stand 30 minutes. Rinse eggplant under cold water, pat dry with absorbent paper.

Heat oil in a large frying pan; add potatoes and eggplant to pan in single layer, cooking in batches until tender, drain on absorbent paper. Lightly grease large ovenproof dish, sprinkle base with half of the breadcrumbs. Layer half the eggplant in dish, sprinkle with a third of the parmesan cheese, top with half the meat sauce, then a layer of potatoes. Sprinkle with another third of the parmesan cheese. Top with remaining meat sauce, finish with a layer of eggplant. Pour hot cheese sauce over eggplant, sprinkle with combined remaining parmesan cheese and crumbs.

Bake uncovered in moderate oven for 1 hour.

Meat sauce

Heat oil in large frying pan, add onion and garlic, stir over medium heat until onion is soft. Add mince and brown well. Stir in parsley, undrained crushed tomatoes, tomato paste, wine oregano and cinnamon, bring to the boil, reduce heat, simmer, uncovered, for about 20 minutes or until liquid has evaporated.

Cheese sauce

Melt butter in medium saucepan, stir in flour, and cook for 1 minute stirring. Gradually stir in milk and nutmeg, stir over high heat until sauce boils and thickens. Remove from heat, stand 5 minutes, stir in cheese and egg.