



GREEK

Moussaka

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Complex	8	1 hr	1 hr 30 min	Bake	Ground beef

Ingredients

MEAT SAUCE

- 700 g (1½ lb) ground beef
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 120 ml (½ cup) red wine
- 400 g (14 oz) canned chopped tomatoes
- 2 tbsp tomato paste
- 1 cinnamon stick
- 1 tsp dried oregano
- 1 tsp salt, ½ tsp pepper

VEGETABLES

- 3 large eggplants (aubergines), sliced 1 cm (½ in) thick
- 4 tbsp olive oil, plus extra for brushing
- 3 medium potatoes, sliced 5 mm (¼ in) thick

BÉCHAMEL

- 80 g (⅓ cup) butter
- 80 g (⅔ cup) all-purpose flour
- 800 ml (3⅓ cups) warm whole milk
- 2 egg yolks
- 60 g (¾ cup) grated kefalotyri or Parmesan
- Pinch of nutmeg

Steps

1. Heat the oven to 220°C (425°F). Salt the eggplant slices, rest them 15 minutes, then pat dry. Brush both sides with oil, spread on trays and roast for 20 minutes, turning once, until golden and soft.
2. Brown the beef in 2 tbsp oil in a large pan over medium-high heat for 8 minutes, breaking it up, until no pink remains; ground beef is safe at 71°C (160°F). Add the onion and cook for 5 minutes until soft, then add the garlic for 1 minute.
3. Pour in the wine and boil for 2 minutes. Add the tomatoes, paste, cinnamon, oregano, salt and pepper. Simmer on low for 25 minutes until thick. Remove the cinnamon.
4. Fry the potato slices in the remaining oil over medium heat for 4 minutes per side until pale gold, or roast them alongside the eggplant.
5. For the béchamel, melt the butter over medium heat, stir in the flour for 2 minutes, then whisk in the milk a little at a time. Stir for 8 minutes until thick enough to coat a spoon. Off the heat, whisk in the yolks, cheese and nutmeg.
6. Lower the oven to 180°C (350°F). Layer potatoes in a 23 x 33 cm (9 x 13 in) dish, then half the eggplant, all the meat, and the rest of the eggplant.
7. Pour the béchamel over and smooth the top. Bake for 40 to 45 minutes until deep golden and bubbling at the edges.
8. Rest for 20 minutes before cutting so the layers set.

Notes

- **Make ahead:** assemble a day ahead and bake from cold, adding 15 minutes.

- **Authentic touch:** a little cinnamon and allspice in the meat is traditional.
- **Serving:** a Greek salad and crusty bread are all you need.
- **Freezer:** freeze baked portions for up to 3 months; thaw overnight in the fridge and reheat until steaming hot, 74°C (165°F).