

Moussaka

Category: Greek

Servings: 6

Rating: 10

Source: Ian Smith

Description:

I sometimes make this in individual ramekins, cover with wrap, and freeze them. When you need a quick, but delicious Greek dinner, it's all ready to go!!

Ingredients:

eggplant	2 pound
salt	
olive oil	
potato	1 pound
butter, unsalted	2 tablespoon
onion	2 cup chopped
garlic	2 cloves crushed
beef	1 pound ground
lamb	1 pound ground
tomato sauce	1-1/2 cup
tomato paste	2 tablespoon
white wine	1/2 cup
sugar	1 teaspoon
parsley	1/4 cup chopped
cinnamon	1/4 teaspoon
allspice, ground	1/4 teaspoon
pepper	
oregano	1/4 teaspoon
egg white	2, beaten
bread crumbs	2 tablespoon
sub-recipe	Saltsa Aspri
parmesan cheese	1/4 cup grated
nutmeg	

Instructions:

Cut the eggplant into 1/3" slices, sprinkle with salt, and leave for 1 hour. Pat dry with paper towels and then brush both sides with a light coat of olive oil. Bake the eggplant slices until they are browned on a pan lined with parchment paper at 375°, turning once. Salt and pepper the potatoes

and roast them in butter in the same oven until they are dark brown.

Melt 2 tablespoons of butter in a heavy skillet and fry the onion and garlic until it is light brown. Add the meat and cook over medium-high heat until it is browned. Reduce the heat to low and add the tomato, sugar, parsley, wine, and herbs. Simmer, covered, for about 30 minutes. Cool and mix in the bread crumbs. Fold in the egg whites. Make the Saltsa Aspri.

Layer the baked potatoes in the bottom of a 13x9" pan. Cover with layers of meat and eggplant successively until they are used up. End with a layer of eggplant. Cover the casserole with Saltsa Aspri and sprinkle with cheese and then nutmeg. Bake for 40 minutes at 350° or until the top is golden in color. Remove from the oven and let rest for 10 minutes before serving.