

Moussaka ; lamb, eggplant, bechamel sauce, tomato and herbs |

Recipe for 4 portions

Description

This dish of lamb meat, grilled eggplant, onions and tomatoes is a perfect comfort food.

Note

To plan for a busy week, double the recipe and freeze it in small portions.

Ingredients

Lamb

- 400 Gr Ground lamb
- 250 Ml Tomato sauce
- 150 Gr Onion
- 1 Tsp Dry oregano
- 2 Clove(s) Garlic
- 60 Ml White wine
- 1 Tbsp Chopped parsley

- Salt and pepper
- Olive oil

Eggplant

- 400 Gr Eggplant

- Salt and pepper
- Olive oil

Bechamel sauce

- 400 Ml Milk
- 1 Tbsp Butter
- 1 Tbsp Flour
- 1 Pinch(es) Nutmeg

- Salt and pepper
- Olive oil

Garnish

- 4 Tbsp Japanese breadcrumbs (panko)
- 4 Tbsp Grated parmesan

- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **oven** at **400 F°**
- Resting time **5 mins**

Preparation

Finely dice the onion and chop the garlic.

Cut the eggplant in half lengthwise, then into 1 cm (1/2 in) thick slices.

Bechamel sauce

In sauce pot, melt the butter and then add the flour. This is to make the roux.

Once cooking for a minute, add the cold milk in one pour. Continue to whisk until it starts to thicken. Once the desired thickness is acquired, add the nutmeg. Season to taste with salt and pepper. Cook for a few minutes

Lamb

In a frying pan, cook the onion and garlic in olive oil for about 2 minutes.

Add the meat, salt, pepper and brown. Add wine, tomato sauce and oregano.

Simmer over low heat for about 20 minutes. Remove from the heat and add the parsley.

Eggplant

In a skillet, cook the eggplants with olive oil, a few slices at a time, about 2 minutes on each side. Add salt and pepper.

Cooking

In a 20 X 20 cm (8 X 8 in) baking dish, layer a layer of eggplants, a layer of the meat mixture and then a second layer of eggplants.

Pour the bechamel over and sprinkle with the Parmesan breadcrumbs.

Place in the oven for 20-25 minutes. Grill in the last minutes of cooking and let stand 5 minutes before serving.

Bon appétit!