

How to cook Greek Moussaka

Ecotour 2.0

4th Junior High School of Mytilene

Comenius Project

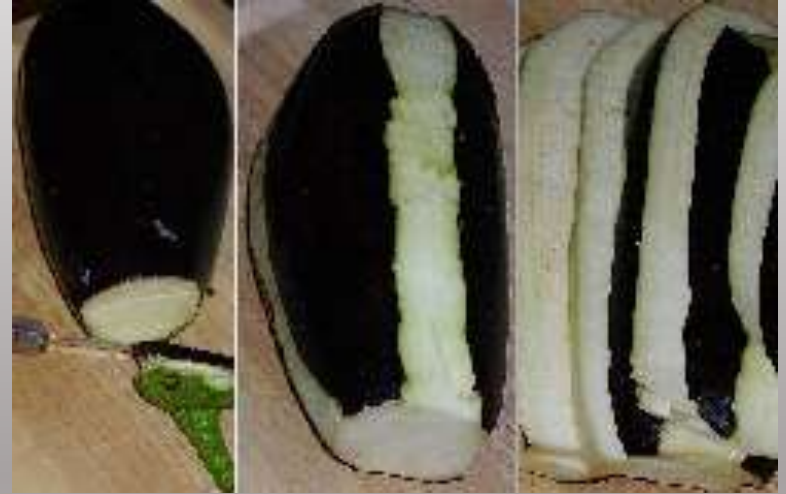
2011 - 2013

INGREDIENTS

- ✓ 4-5 eggplants
- ✓ Salt (1 teaspoon)
- ✓ Pepper
- ✓ Pinch of sugar
- ✓ Parsley, 1 bunch
- ✓ 2-3 cloves of garlic,
- ✓ Sliced green pepper
- ✓ 100 gr Olive oil
- ✓ ½ cup of dry red wine or water
- ✓ 2-3 medium onions, chopped
- ✓ 1 big carrot, chopped
- ✓ 750-800 gram of minced beef
- ✓ 2 cups of chopped ripe tomatoes (fresh or canned)
- ✓ 1 tablespoon of tomato paste
- ✓ 1 cup of grated kefalotyri cheese (parmesan + pecorino for you)
- ✓ Breadcrumbs



EGGPLANTS (1)



Cut eggplants into thin slices. Sprinkle with salt and let them stand in bowl with water for 30 min.

EGGPLANTS (2)



Rinse eggplants under cold water; drain and dry them by squeezing the slices in your palm.

EGGPLANTS (3)



Heat olive-oil in pan and fry eggplants slightly. Let them stand on paper towel to absorb oil.

MEAT SAUCE (1)



Heat oil in pan; sauté the onions , carrot , green pepper with a wooden spoon until they are soft.

MEAT SAUCE (2)



Add the mince, season with salt and pepper , and continue to stir until mince is well- browned. finish off with crushed tomatoes, tomato paste, sugar, garlic and parsley.

MEAT SAUCE (3)



Mix well, reduce heat, cover the pan and simmer food until all liquid has been absorbed.

BECHAMEL SAUCE INGREDIENTS

- ✓ 1 cup butter
- ✓ 1 cup flour
- ✓ 1 ltr milk
- ✓ 2 eggs
- ✓ 2-3 tablespoons cheese
- ✓ Salt
- ✓ white pepper
- ✓ pinch of grated nutmeg
- ✓ 1 teaspoon sugar



BECHAMEL SAUCE (1)



Heat butter in pan

BECHAMEL SAUCE (2)



Stir in flour until bubbling gradually stir in milk, until mixture boils and thickens. (keep whisking firmly to avoid lumps).

BECHAMEL SAUCE (3)



Remove from heat, cool, stir in cheese ,eggs, salt ,pepper, grated nutmeg, sugar; mix until smooth).

IN THE BAKING PAN (1)



Lightly oil the baking pan

IN THE BAKING PAN (2)



Place a layer of eggplant slices

IN THE BAKING PAN (3)



Sprinkle with cheese Spread the meat sauce on top

IN THE BAKING PAN (4)



Cover with the remaining eggplant slices.

IN THE BAKING PAN (5)



Carefully spread the béchamel sauce evenly over the top

IN THE BAKING PAN (6)



Sprinkle with cheese and breadcrumbs

IN THE BAKING PAN (7)



Bake in 180 °C for about 45 min. or until golden brown.

BONNE APPETITE

