

# LAMB MOUSSAKA

PREP TIME 10 MIN | COOK TIME 1 HOURS | SERVES 10

## Method

- Pre-heat oven to 160 ° C, full dry heat. Grease a gastronome.
- Place eggplant slices in a colander and sprinkle with some salt. Set aside for 10 minutes. Rinse eggplant slices under cold running water and pat dry with paper towel.
- Brush eggplant slices with half the olive oil. Heat a chargrill over high heat. Arrange eggplant on grill and cook 3-4 minutes on each side or until golden. Cook in batches until all eggplant is grilled. Set aside.
- Heat remaining olive oil in a large frying pan. Sauté onion and garlic on high heat for 2-3 minutes, stirring, until tender. Add mince and brown well for 5-8 minutes, breaking up meat with a spoon as it cooks. Stir in tomatoes, wine, nutmeg and season to taste. Bring to the boil on high. Reduce heat to low and simmer, uncovered for 30 minutes, or until sauce has reduce and thickened.
- Meanwhile to make the white sauce, melt butter in a saucepan over medium heat. Add flour and cook, stirring, for 2-3 minutes. Remove from heat. Blend in milk until smooth. Return to heat and cook, stirring, until sauce boils and thickens. Reduce heat to low and simmer for 3 minutes. Adjust seasoning.

- Arrange one third of the eggplant in the base of the dish. Spread half of the meat sauce over the eggplant. Repeat layers, finishing with eggplant. Pour white sauce over. Sprinkle with cheese. Bake for 30-35 minutes, or until golden.
- Serve with salad, lemon wedges and crusty bread.

## Ingredient List

### Lamb

- 1.3kgs lamb mince

### Other Ingredients

- 100mls olive oil
- 20g salt
- 1kg baby eggplants, sliced in three lengthways
- 300g brown onions, diced
- 20g garlic, crushed
- 800g can crushed tomatoes
- 500mls dry red wine
- 5g ground nutmeg
- Salt and pepper to season
- 300g grated cheddar cheese

### White Sauce

- 80g butter
- 80g plain flour
- 1 litre milk

### Serving Suggestions

- Salad, lemon wedges and crusty bread to serve

