



Moussaka

INGREDIENTS (Serves 6)

2 Large Aubergines thinly sliced
45ml/3tbsp Olive Oil
1 Large Onion chopped
675g/1 1/2 lbs Minced Lamb
2 Garlic Cloves
200g/7oz Canned Chopped Tomatoes
120ml/4fl oz Dry White Wine
2 Egg Whites
45ml/3tsp Chopped Fresh Parsley
45ml/3tsp Fresh Bread Crumbs
Salt & Pepper

FOR THE TOPPING:

40g/1 1/2 oz Butter
40g/1 1/2 oz Plain Flour
400ml/14fl oz Milk
2.5ml/1/2 tsp freshly Grated Nutmeg
150g/5oz Manchiga Cheese
2 Eggs Yolks plus 1 Whole Egg

Layer the aubergines in a colander, sprinkling each layer with salt. Drain over a sink for 20 minutes, then rinse and pat dry with kitchen paper.

Preheat the oven to 190C/375F/Gas 5. Spread out the aubergines in a roasting tin brush them with olive oil, bake for 10 minutes, until just softened, remove & cool.

Heat the olive oil in a large pan & brown the mince stirring frequently add the onions & garlic & cook for 5 minutes.

Add the tomatoes & the wine & Season. Bring to the boil, lower the heat, cover & simmer for 15 minutes, stir in the parsley, breadcrumbs and the egg whites.

Lightly grease a large ovenproof dish, spread out half the sliced aubergines, spoon over the meat, then top with the remaining aubergines.

To make the topping, put the butter, flour & milk in a saucepan. Bring to the boil over a low heat, whisking all the time until the mixture thickens to form a smooth, creamy sauce. Lower the heat & simmer for 2 minutes. Remove the pan from the heat, season, stir in the nutmeg and half the cheese. Cool for 5 minutes, beat in the egg yolks & the whole egg. Pour the sauce over the aubergines topping and sprinkle with the remaining cheese. Bake for 30-40 minutes or until golden brown. Stand for 10 minutes before serving.