

Moussaka

Ingredients

- 2 cloves garlic
- 1 large onion
- 500g / 1lb minced lamb
- 2 tins tomatoes
- 1 tablespoon tomato puree
- ½ teaspoon cinnamon or a small cinnamon stick
- ½ teaspoon cumin
- Salt and pepper
- 2 large aubergines
- 4 tablespoons olive oil

For the cheese sauce (roux method):

- 35 g butter
- 35g plain flour
- 375ml / ¾ pint milk
- 75g / 3oz grated cheese
- Salt and pepper to taste
- 2 eggs, beaten



Method

1. Heat oven Gas 6 / 200°C.
2. Chop garlic and onion, Place minced lamb in a pan with the garlic and onion. Cook until minced has browned and veg are soft.
3. Add tinned tomatoes, puree, cinnamon, cumin and seasonings. Simmer 40 mins, or until thick.
4. Slice aubergines and place on baking tray. Brush generously with olive oil and bake for 20 – 30 mins until golden.
5. Make the cheese sauce – melt the butter in a small pan, stir in the flour to make a roux. Gradually blend in the milk, and heat, stirring all the time, until the sauce boils and thickens. Remove from the heat.
6. Stir in the grated cheese and season to taste. Allow to cool.
7. When the sauce has cooled, stir in the beaten eggs.
8. Place half the aubergines in a single layer, in an ovenproof dish. Cover with the meat sauce. Top with the remaining aubergines.
9. Pour over the cheese sauce.
10. At home, bake, uncovered for approx 30 mins, or until golden and bubbling. Serve with a salad and garlic bread.

Name