



JERNEJ KITCHEN

GREEK MOUSSAKA

Greek Moussaka is made with a generous amount of beef sauce, eggplants, zucchini, potatoes, and bechamel sauce. It is comfort food at its finest.

SERVES	8	PEOPLE
PREPARATION:	30	MINUTES
COOK:	1	HOUR 30 MINUTES
BAKE:	1	HOUR
TOTAL TIME:	3	HOURS

MOUSSAKA

- 2 large eggplants (2 pounds)
- 3 medium zucchini (2 pounds)
- 6 medium potatoes (2 pounds)
- 3 tbsp olive oil, for vegetables
- 2 tbsp olive oil, for meat sauce
- 2 onions
- 800 g (1.7 lbs) ground beef
- 3 garlic cloves, minced
- 2 medium tomatoes
- 4 tbsp chopped parsley
- 1 tsp oregano
- ¼ tsp cinnamon powder
- 600 g (1.3 lbs) canned diced tomatoes
- 80 ml (1/4 cup) red wine
- 2 bay leaves
- 40 g (1/4 cup) shredded parmesan cheese

BÉCHAMEL SAUCE

- 5 tbsp butter (80g)

PREPARATION

Preheat your fan-assisted oven to 230 °C / 445 °F. Prepare three large baking sheets. Line them with parchment paper.

BAKE THE VEGETABLES

V kolikor nimamo ventilatorske pečice, pečemo vsako zelenjavo posebej.

Cut the eggplant and zucchini into one-centimeter or 1/2-inch slices. Add them separately to a bowl, season with salt, and drizzle with a tablespoon of oil. Arrange the eggplant in a single layer on the first baking sheet, then arrange the zucchini in a single layer on the second baking sheet. Peel the potatoes and cut them into 1/2 cm or 1/4 inch slices. Add to a bowl, season with salt, and drizzle with olive oil. Arrange them in a single layer on the prepared baking sheet. Place the zucchini on the upper rack in the oven, the potatoes on the middle rack, and the eggplants on the lower rack in the oven. Roast for 20 - 25 minutes at 230 °C / 445 °F or until the potato is soft but not overbaked.

TIP

If you don't have a fan-assisted oven, roast the vegetables individually.

MEAT SAUCE

Place a large pan over medium heat. Add the oil and diced onion. Sauté for 10 minutes, then add the ground beef. Pan-fry for 6 - 8 minutes or until browned. Add the minced garlic, diced tomato, chopped parsley, oregano, cinnamon powder, and season with salt and pepper to taste. Stir to combine, then

2 tbsp olive oil
120 g (1 cup) all-purpose flour
1 litre (4 cups) milk
2 bay leaves
½ tsp ground nutmeg
80 g (1/2 cup) shredded parmesan cheese
1 egg (M)
2 egg yolks

TOOLS AND EQUIPEMENT Sponsored

3x baking sheet
parchment paper
kitchen knife
cutting board
large pan
pot
25 cm x 35 cm (10-inch x 14-inch) deep baking dish
ladle

add the canned tomatoes, red wine, and bay leaves. Stir to combine and bring to a boil, then lower the heat, cover with a lid, and cook for 15 minutes. Remove the lid and cook for 45 - 50 minutes for the sauce to thicken.

BÉCHAMEL SAUCE

While the meat sauce is cooking, prepare the Béchamel sauce. Add butter and oil to a pot. Place over low heat. Add the flour and cook for 3 - 4 minutes when the butter melts. The flour mustn't become brown. Increase the heat to medium. Add 300ml (1 cup) of milk and stir into the flour for a smooth mixture. Add 400ml (2 cups) of milk and continue to whisk to get a smooth mixture. Pour in the rest of the milk and stir into a smooth mixture. Add the bay leaves and nutmeg, and season with salt and pepper. Bring to a boil, reduce the heat to low, and cook for 10 minutes. Remove the Béchamel sauce from the heat and set aside for 5 minutes, then add the grated Parmesan cheese, whisked egg, and egg yolks. Stir to combine.

GREEK MOUSSAKA

Start to layer the Moussaka. Grab a 25 cm x 35 cm (10-inch x 14-inch) deep baking dish. Tightly arrange the eggplant in a single layer. Add a small ladle of the meat sauce and arrange over the eggplants. Tightly arrange the zucchini in a single layer over the eggplants. Add a small ladle of the meat sauce and arrange over the zucchini. Tightly arrange the potatoes in a single layer over the zucchini. Add the rest of the meat sauce and evenly spread all over the potatoes. Pour the Béchamel sauce over the meat sauce and spread evenly to cover the meat. Sprinkle with shredded Parmesan cheese and place in the preheated oven on the middle rack. Bake the Greek Moussaka for 40 - 50 minutes at 190 °C / 375 °F or until golden and baked.