

MOUSAKAS



Ingredients

- 1 kilo aubergines (eggplants)
- 1/2 kilo minced meat/ ground beef
- ¼ cup olive oil
- 1 onion (chopped)
- 1 cup fresh tomatoes (chopped)
- 2 tablespoons parsley (chopped)
- 1 cup water
- salt, pepper
- For the white sauce (Béchamel)
- 9 tablespoons flour
- 6 tablespoons butter or olive oil
- 2 cups milk
- 1 egg (optional)
- salt, pepper

Preparation

1. Brown onions in olive oil, add the meat while stirring with a spoon.
2. Add tomato sauce, water, parsley and spices. Cook
3. for about 30 min. over low heat until the meat is cooked.
4. In the meantime, cut aubergines length side into slices, salt them, let them strain for 30 min, wash them thoroughly and fry them in olive oil.
5. Arrange aubergines in a pan.
6. Spread the meat mixture over them.
7. Arrange a second layer of aubergines.
8. Pour béchamel sauce on top of it.

Cook in a preheated oven (200 C) until golden brown.

For the béchamel sauce:

Melt butter and add the flour stirring gradually. Pour in the milk slowly. Continue stirring until it becomes a thick mixture. Season to taste. Add the egg after you remove it from heat (optional).

Notes

Mousakas is of the most popular and delicious dishes in Greece. It is best cooked in summer when aubergines and tomatoes are fresh. It can also be made with potatoes instead of aubergines or alternating potatoes with aubergines. Another variation is to put 1c of chopped yellow cheese on top of the meat mixture before spreading the second layer of aubergines. Cheese adds more taste (but also fat) to the dish. Mousakas goes perfectly with chilled retsina wine. Retsina is made by adding pine resin to locally made white wines during fermentation. This wine with its distinct pine flavor is unique, it is produced only in Greece and its name is protected worldwide.