



Greek Moussaka

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 kg. milk, room temperature - 5 tbsp. flour - 50 gr. butter, or olive oil - 1 egg - 150 gr. feta cheese - 2-3 eggplants - 2 potatoes - 500 gr. minced meet (beef) - 1 onion - 2 cloves garlic - ½ cup white wine - 250 gr. tomato juice - 1 teaspoon paprika - ½ cup water - ½ cup sliced parsley - oregano - salt - pepper

Instructions

Greek salad is the best salad dish to accompany moussaka. 1. Wash and cut crosswise the eggplants and the (piled) potatoes into 5 mm thick slices. Heat 3-4 tbsp. of olive oil in a large, non-stick frying pan. Fry the slices in high heat until lightly browned on both sides (if you want it to be lighter and healthier, 'paint' the slices with olive oil and then put them in the heated pan without adding oil in it). Put them on a kitchen paper to drain. Salt them. Peel and dice the onion and the garlic and fry them in 1-2 tbsps. olive oil until transparent. Stir in the minced beef and fry over high heat until all cooking juices have evaporated. Stir in the white wine, the tomato juice and the water. Add salt, pepper, oregano, paprika and cover the pan to cook for 5 minutes over medium heat. Wash and slice the parsley and add it in the pan. Cook for 5 more minutes (add hot water if necessary). Leave to cool a little (it needs to be a little juicy). 2. Preheat the oven to 200 C. In a pan, heat the butter and add the flour until lightly brown (for healthier result, use olive oil instead). Stir in the milk little by little so to achieve the perfect density (it has to be creamy). Don't add all the milk at once and stop adding when your texture is right. Stir in salt and pepper. Whisk the egg and add a little of your sauce in to adopt the sauce's temperature. Now you can stir it in the sauce. Arrange the potatoes in a layer in a baking dish and over them, in a second layer, arrange the eggplants' slices. Top with the beef mix. Sprinkle with thin-sliced feta cheese and top with the milk sauce. Straighten the surface. 3. Bake in the mid-level of the oven until it becomes gold-brownish. Leave to cool, cut into squares and serve.