# Moussaka

**Time** 2-3 hours

## Ingredients

- 2-3 eggplants
- 1 lb potatoes
- 1 1/2 lbs ground beef (or lamb)
- 2 large onions
- 2 cloves garlic
- 1/2 cup red wine
- 1/4 cup chopped fresh parsley
- 1 tsp ground cinnamon
- 1/4 tsp ground allspice
- 1 cup tomato puree (or crushed tomatoes)
- 2 tbsp tomato paste
- 1 tsp sugar
- 2 cups plain breadcrumbs
- 8 egg whites, lightly beaten (reserve yolks for bechamel)
- 1 cup grated Kefalotyri or Parmesan cheese
- salt
- pepper
- 1 cup salted butter (2 sticks)
- 1 cup flour
- 4 cups milk, warmed
- 8 egg yolks, lightly beaten
- pinch of ground nutmeg

## Steps

1. Prepare eggplant: partially peel the eggplants, leaving strips of skin running longways. Slice into 1/2" slices.
2. Place eggplant slices in colander and salt liberally. Cover with heavy plate. Let sit for 20 min - 1 hour to allow moisture to be drawn out.
3. Prepare potatoes: peel and boil potatoes until no longer crunchy. Slice into 1/4" slices.
4. Eggplant again: lightly beat 8 egg whites with a splash of water. Preheat oven to 400 F.
5. Rinse eggplant slices and dry with a paper towel. Dip in egg whites and roll in bread crumbs.
6. Bake eggplant on foil-lined cookie sheet for 30 mins at 400 deg. Turn them over halfway through.
7. Prepare meat sauce: saute the ground beef with onion and garlic.
8. Add 1/2 cup wine and let simmer before adding 1 tsp cinnamon, 1/4 tsp allspice, 1/4 cup fresh parsley, 2 tbsp tomato paste, 1 cup crushed tomatoes, and 1 tsp sugar.
9. Simmer for ~15 mins, salt and pepper to taste.
10. Prepare Bechamel sauce: melt 2 sticks butter over low heat. Whisk in 1 cup flour to make a smooth paste. Cook for a minute, but do not brown.
11. Whisk in 4 cups warm milk. Simmer until it thickens. Do not boil.
12. Stir in 8 egg yolks with a pinch of nutmeg.
13. Assemble the moussaka: grease a lasagna pan. Sprinkle with bread crumbs. Line with potatoes and then eggplant, leaving 1/4" of space around the edge.
14. Add meat sauce and sprinkle with 1/4 of the cheese. Add another layer of egglplant and another 1/4 of the cheese
15. Pour the bechamel sauce in the pan. Smooth out and sprinkle with remaining cheese.
16. Bake at 350 deg for ~45 mins or until bechamel sauce browns.
17. Eat with a nice red wine.