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EPISODE 36 - MOUSSAKA

Ingredients for 6 persons:

2 medium eggplants
2 medium zucchini
½ a large onion
Plenty of olive oil
Salt & pepper for every step
Oregano (3 x 1 tbsp)
Thyme (3 x 1 tbsp)

500 g minced beef
½ a large onion chopped
1 x 400 g can of chopped tomatoes
4 tbsp of vermouth
2 garlic cloves chopped
2 tbsp tomato paste
1 tsp cinnamon
1 tsp cumin
¼ tsp allspice
Salt & pepper

4 tbsp cornstarch
700 ml milk
100 g grated parmesan
100 g grated mozzarella
100 g grated gouda
Salt & pepper

Method:

Preheat oven to 200 °.
Cut half of the onion into slices and place in a mixing bowl.
Cut the zucchini into thin slices and add.
Drizzle with olive oil and season with salt, pepper, oregano and thyme.
Mix well.
Distribute well in a baking pan.
Bake in preheated oven for 20 minutes.

Meanwhile, fry the other half of the onion (chopped) in olive oil in a frying pan.

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Add garlic and simmer until everything is glassy.

Add cinnamon, cumin and allspice and roast for a couple of minutes.

Stir in tomato paste

Add meat and press down with a spoon.

Season with salt and pepper.

Deglaze with a splash of Vermouth.

Add the tomatoes and stir well.

Reduce to medium heat until almost dry.

Put the eggplants in the same mixing bowl as before.

Also season with olive oil, salt, pepper, oregano.

Spread well over the zucchini and also bake for 20 minutes.

Meanwhile, put the milk in a saucepan and heat.

Add almost all of the 3 cheeses (keep a little bit of each sort to sprinkle over later) and melt.

Mix the cornflour with a little cold water and pour slowly into the sauce.

Bring to a boil stirring constantly and then remove from the heat.

Stir about one third of the Bechamel sauce into the minced meat sauce.

Remove the vegetables from the oven.

Spread minced meat sauce over them well and shake a bit to settle it down.

Pour the bechamel sauce on top and sprinkle with the rest of the cheese.

Bake in the oven for about 20 minutes or until golden brown.

Take it out and let it cool down for at least 40 minutes.