

# Moussaka



## Ingredients

### Mince

3 garlic cloves  
2 onions  
Drizzle of olive oil  
1kg beef or pork mince  
1 beef or pork stock cube  
2 tbsp oregano  
1 tsp salt + pepper  
2 tbsp paprika  
Glug of red wine  
2 carrots  
200g mushrooms  
50g peas

2 potatoes  
½ aubergine  
½ courgette  
Drizzle of olive oil

### **Bechamel sauce**

Equal quantities of butter and flour  
Milk and an egg  
Salt + pepper  
Grated cheese

## Equipment

Chopping board  
Sharp knife  
Large casserole pot  
Frying Pan  
Baking sheet  
Saucepan  
Large serving dish  
Whisk

## Method

1. Preheat the oven to 200°C.
2. Start by preparing all the ingredients for the mince (it will be easier later on if you do). Chop the onions, carrots, and mushrooms roughly into small pieces and leave on one side. Leave to one side. Put a large casserole dish over a medium-high heat, crush and finely chop the garlic, then add with the olive oil and chopped onions. Stir until soft.
3. Meanwhile, in a separate frying pan, drizzle olive oil and brown the mince on a high heat, whilst moving it with the slotted spoon, to stop it from sticking. Then add to the casserole pot. Alternatively, just add the mince without frying, and cook until it has browned, but it will have less flavour this way. Turn down the heat to medium-low and add the stock cube and mix for a few minutes longer.

4. Once brown, lower the heat so it is simmering. Add the tinned tomatoes and stir until combined. Then add the oregano, salt and pepper and paprika. Continue mixing. If there is an open bottle of red wine, add a glug, mix in and allow the alcohol to evaporate off. If the sauce is quite watery then allow it to reduce slightly. Add the carrots, mushrooms, and peas. Put the lid on, slightly ajar, and allow to simmer for 30 minutes, stirring after 15 minutes.
5. Thinly slice the aubergines, courgettes and potatoes into rounds, half a centimetre thick. Lay on baking sheets and drizzle with olive oil. Bake for about 20 minutes.
6. Lay the ingredients in this order in a large serving dish: potato, mince, aubergine, mince, courgette, mince.
7. Make a thick bechamel sauce: add equal quantities of butter and flour into a saucepan. Melt and stir to make a roux in a saucepan. Add milk and whisk consistently. Season with salt and pepper. Remove from the heat and let it cool slightly for a few minutes. Break an egg into the sauce, making sure to continue whisking to prevent it from scrambling.
8. Pour the eggy bechamel evenly over the top of the mince.
9. Place in the oven on a medium shelf for 20 mins.