

Matcha Mocha Moussaka

TOTAL TIME: 2 hours 30 minutes (Traditional) or 8 hours (Slow Cook)

2 lbs ground lamb or beef	2 T tomato paste
2 T olive oil	1 † ground cinnamon
1 large onion, diced	1 † ground allspice
3 cloves garlic, minced	1 † dried oregano
1 eggplant, sliced	Salt and pepper to taste
2 zucchini, sliced	1/4 C fresh parsley, chopped
2 potatoes, sliced	1/4 C fresh mint, chopped
1 can (14.5 oz) diced tomatoes	1/2 C grated Parmesan cheese

BÉCHAMEL SAUCE:

4 T butter	1/4 † nutmeg
4 T flour	Salt and pepper to taste
2 C milk	2 eggs, beaten
1 C brewed Matcha Mocha tea	

TRADITIONAL METHOD: Preheat the oven to 375°F. Slice the eggplant, zucchini, and potatoes. Sprinkle the eggplant slices with salt and let them sit for 30 minutes to draw out moisture. Pat dry with paper towels.

COOKING THE MEAT SAUCE: Heat olive oil in a large skillet over medium heat. Add the onion and garlic, sautéing until fragrant. Add the ground lamb or beef and cook until browned. Stir in the diced tomatoes, tomato paste, cinnamon, allspice, oregano, salt, and pepper. Simmer for 20 minutes until the sauce thickens. Stir in fresh parsley and mint.

PREPARING THE VEGETABLES: While the meat sauce simmers, lightly fry the eggplant, zucchini, and potato slices in olive oil until golden brown. Set aside on paper towels to drain excess oil.

MAKING THE BÉCHAMEL SAUCE: In a saucepan, melt the butter over medium heat. Whisk in the flour and cook for 2 minutes. Gradually add the milk and brewed Matcha Mocha tea, whisking continuously until the sauce thickens. Season with nutmeg, salt, and pepper. Remove from heat and let cool slightly before whisking in the beaten eggs.

ASSEMBLING THE MOUSSAKA: In a large baking dish, layer half of the potatoes, followed by half of the eggplant and zucchini. Spread half of the meat sauce over the vegetables. Repeat the layers with the remaining potatoes, eggplant, zucchini, and meat sauce. Pour the béchamel sauce over the top and sprinkle with grated Parmesan cheese.

BAKING: Bake in the preheated oven for 45 minutes to 1 hour, until the top is golden brown and bubbly. Let the moussaka cool for 15 minutes before serving.

Slow Cook Method

PREPARATION: Slice the eggplant, zucchini, and potatoes. Sprinkle the eggplant slices with salt and let them sit for 30 minutes to draw out moisture. Pat dry with paper towels.

COOKING THE MEAT SAUCE: Heat olive oil in a skillet over medium heat. Add the onion and garlic, sautéing until fragrant. Add the ground lamb or beef and cook until browned. Stir in the diced tomatoes, tomato paste, cinnamon, allspice, oregano, salt, and pepper. Simmer for 10 minutes until the sauce thickens. Stir in fresh parsley and mint.

PREPARING THE VEGETABLES: While the meat sauce simmers, lightly fry the eggplant, zucchini, and potato slices in olive oil until golden brown. Set aside on paper towels to drain excess oil.

MAKING THE BÉCHAMEL SAUCE: In a saucepan, melt the butter over medium heat. Whisk in the flour and cook for 2 minutes. Gradually add the milk and brewed Matcha Mocha tea, whisking continuously until the sauce thickens. Season with nutmeg, salt, and pepper. Remove from heat and let cool slightly before whisking in the beaten eggs.

ASSEMBLING THE MOUSSAKA: In a slow cooker, layer half of the potatoes, followed by half of the eggplant and zucchini. Spread half of the meat sauce over the vegetables. Repeat the layers with the remaining potatoes, eggplant, zucchini, and meat sauce. Pour the béchamel sauce over the top.

SLOW COOKING: Cover and cook on low for 6-8 hours or on high for 3-4 hours. If possible, transfer the slow cooker insert to an oven preheated to 375°F for the last 30 minutes to brown the top, or use a broiler if your slow cooker insert is oven safe. Let the moussaka cool for 15 minutes before serving.