**Moussaka**

**Eggplant & Meat Filling**

1 Large Eggplant (1/4 in. slices) 3 Cloves Garlic (Minced)

Salt to Prepare Eggplant 2 oz. red wine

Olive Oil for Roasting Eggplant 1 Tbsp. Snipped Parsley

1 lb. Ground Lamb/Bison/Beef Cinnamon to Taste

1 Chopped Onion 1 C. Tomato Sauce

Salt & Pepper to Taste 1-3 Tbsps. Tomato Paste

Place Eggplant on Paper Towels and Salt Both Sides

Let sit for about 20 minutes. Pat dry.

Place eggplant on a cookie sheet with parchment paper. Drizzle with oil and sprinkle with fresh ground pepper. Roast eggplant at 400 degrees for 15-20 minutes, until golden brown.

Drizzle skillet with olive oil and cook meat, onion and garlic until brown. Drain fat if using beef or lamb. Stir in tomato sauce, wine, parsley, cinnamon and salt and pepper to taste. Simmer uncovered for approx. 10 minutes.

**Bechamel Sauce**

1.5 quarts milk (full fat cow/goat) (alternative use unsweetened oat milk)

2 Tbsps. Butter

¼ c. Farina

Pinch of salt

1 Tbsp. Sugar

9 slightly beaten eggs/carton of liquid eggs, or 1 carton egg substitute

½ c. grated Kefalotyri Greek cheese, or Kasseri Greek cheese or mixture of Parmesan, Romano and Asiago cheese

Dash of white pepper

Dash of nutmeg

Scald the milk, add butter, farina, salt and cook until thickened.

Add sugar and eggs, stirring constantly until thick and smooth.

Add 2/3 of the cheese, dash of white pepper and dash of nutmeg.

Spray the bottom and sides of the pan with olive oil to prevent sticking. Layer half eggplant in bottom of casserole dish. Pour meat mixture over eggplant. Top with remaining eggplant. Sprinkle with 1/3 of the cheese. Ladle sauce over eggplant.

Bake in a 325 Degree pre-heated oven for 30-60 minutes or until top is golden brown.

Let cool for about 30 minutes, cut, plate and serve.

This dish freezes well and can be warmed up in the microwave.