

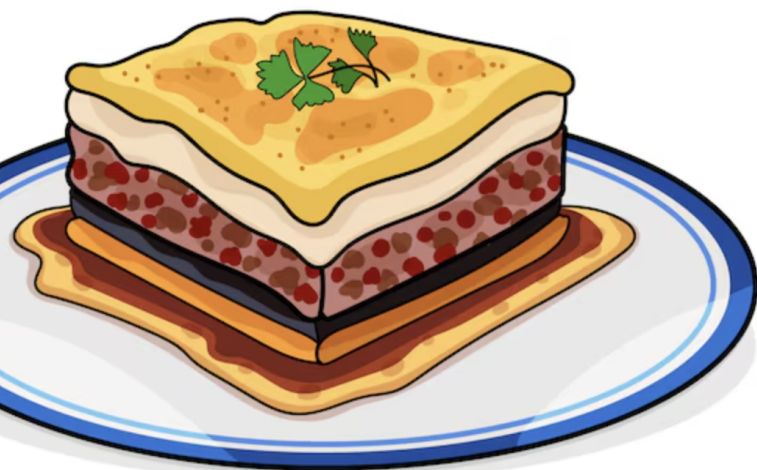


Moussakas

Prep Time 45 minutes
Cook Time: 45 minutes
Serves: 10 people
Greek Cuisine

Moussakas, is the most famous Greek dish which is layered with sautéed slices of potatoes and eggplants (in Cyprus we also add zucchini), with the meat sauce in the middle layer and topped with béchamel sauce.

*Allergens: Gluten, Eggs, Dairy/Milk



Ingredients

For the Vegetables

- 4 medium eggplants, sliced lengthwise (about 1 cm thick)
- 4 medium zucchini, sliced lengthwise
- 4 medium potatoes, peeled and sliced
- Salt and black pepper
- Sunflower oil for frying

For the Meat Sauce

- 500 g minced beef, pork, or a mix
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 cup tomato passata
- 4 tbsp olive oil
- 1 tsp ground cinnamon
- 1 tablespoon(s) dry mint or 1/2 bunch fresh mint finely chopped
- 1/2 bunch parsley finely chopped
- Salt and freshly ground black pepper
- 3 pinches granulated sugar (optional)

For the Béchamel

- 150 gr butter
- 6 round tbsp flour
- 6 cups of milk (warm)
- 3-4 eggs
- Some Anari or Halloumi cheese grinded
- 8 tbsp bread crumbs
- Salt & pepper



Preparation

For the Vegetables

- Place a deep pan over high heat. Add the sunflower oil and let it get hot.
- Peel the potatoes and slice them.
- Slice the eggplants and zucchini also.
- We will fry all of them (last we fry the eggplants)
- Remove with a slotted spoon and transfer to a baking pan lined with paper towels. Allow to drain from excess oil.

For the Meat Sauce

- Place a pot over high heat and add the olive oil.
- Coarsely chop the onion and add to the pan.
- Finely chop the garlic and add to the pan along with cinnamon and sugar. Sauté for 2-3 minutes until they caramelize nicely.
- Add the ground meat and break it up with a wooden spoon. Sauté until golden brown.
- Add the tomato paste and sauté for 1-2 min, like that it loses its bitterness.
- Add the tomato juice/passata, lower heat and simmer for 5-10 minutes until the sauce thickens.
- Remove from heat and add the parsley and mint. Season with salt and pepper.

For the Béchamel

- Place a pot over medium heat.
- Add the butter and let it melt.
- Add the flour and whisk until it soaks up all of the butter.
- Add the milk in small batches while continuously whisking so that no lumps form.
- As soon as the béchamel sauce thickens and bubbles start to form on the surface, remove from heat.
- Add the cheese, salt, pepper, and the eggs. Whisk thoroughly.

To assemble

- Preheat oven to 180* C Fan.
- In a baking pan, spread a layer of potatoes, cover with a layer of eggplants and top with a layer of zucchini. Season in between layers.
- You can add 2-3 tablespoons of béchamel sauce to the ground meat mixture and mix. Spread the ground meat over the vegetables.
- Add another layer of potatoes, cover with a layer of eggplants and top with a layer of zucchini.
- Cover with the béchamel sauce, spread it evenly and sprinkle with grated dry Anari or Halloumi cheese.
- Bake for 35-40 minutes.
- When ready, remove from the oven and allow to cool.





Talatouri Dip

Traditional Cypriot dip, that is called Talatouri, which is also a yogurt based sauce very similar to Greek tzatziki.

Ingredients

- 1 cucumber (graded)
- 1-2 cloves of garlic, minced
- 2 cups strained Greek yogurt
- 1 tablespoon vinegar or lemon
- 2-3 tbsp chopped mint (fresh or dry)
- a pinch of salt

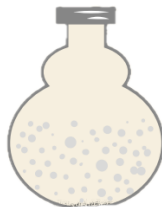
Preparation



Prepare this traditional Talatouri sauce for your friends and family and serve as a delicious dip with some warm pita breads aside, or as a sauce for Greek-style souvlaki.

- Grate the cucumber into a large bowl (if you wish remove the skin and the seeds).
- Season with salt and leave aside for 10 minutes.
- Squeeze the cucumber in order to get rid of the excess water.
- In a bowl, add the cucumber, the minced garlic, the yogurt, vinegar, mint, a pinch of salt and stir until all combined.
- Store in the fridge and always serve cold.

*Allergens: Milk / Dairy



Enjoy!

