

## Moussaka Recipe

### Introduction

Moussaka is a traditional Greek dish that has become beloved across the world. It consists of layers of eggplants, ground meat, and a rich béchamel sauce, all baked to perfection. This hearty and flavorful dish is perfect for family gatherings, special occasions, or simply as a delightful dinner treat. On August 22, 2024, we celebrate the flavors and heritage of this exquisite dish, sharing an authentic recipe that will transport you straight to the heart of Greece.

### Detailed Ingredients

The quality of ingredients used in Moussaka can make a significant difference in the final outcome. Here's a detailed list of everything you'll need:

- 3 eggplants, cut lengthwise into 1/2 inch slices
- 1 pound ground beef or lamb
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup dry red wine
- 1 (8 ounce) can tomato sauce
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon dried oregano
- Salt and black pepper to taste
- 1/2 cup grated Parmesan cheese
- 1/4 cup chopped fresh parsley
- 1 cup breadcrumbs
- Olive oil for frying

For the béchamel sauce:

- 1/4 cup butter
- 1/4 cup all-purpose flour
- 3 cups milk
- 1/4 teaspoon ground nutmeg
- Salt and black pepper to taste
- 2 egg yolks, beaten

## Prep Time, Cook Time, Total Time, Yield

To ensure your Moussaka turns out perfectly, it's essential to manage your time well.

- Prep Time: 45 minutes
- Cook Time: 1 hour 30 minutes
- Total Time: 2 hours 15 minutes
- Yield: 8 servings

## Detailed Directions and Instructions

Creating Moussaka involves several steps, but each one is straightforward and contributes to the dish's rich flavor and texture.

### 1. Preparing the Eggplants:

Sprinkle the eggplant slices with salt and let them sit for 30 minutes to draw out excess moisture. Pat them dry with paper towels.

Heat some olive oil in a large frying pan over medium-high heat. Fry the eggplant slices until they are golden brown on both sides. Remove and place them on paper towels to drain excess oil.

### 2. Cooking the Meat Sauce:

In a large skillet, cook the ground beef or lamb over medium heat until it is brown. Add the chopped onion and garlic, cooking until they are soft and fragrant. Pour in the red

wine, allowing it to simmer until it reduces by half.

Add the tomato sauce, cinnamon, nutmeg, oregano, salt, and black pepper to taste. Let the sauce simmer for about 20 minutes, allowing the flavors to meld. Stir in the parsley and remove from heat.

### 3. **Making the Béchamel Sauce:**

In a medium saucepan, melt the butter over medium heat. Add the flour and whisk constantly until it turns golden brown, forming a roux. Gradually add the milk while whisking to avoid lumps. Continue to whisk until the sauce thickens and comes to a boil.

Season with nutmeg, salt, and black pepper. Remove from heat and slowly add the beaten egg yolks, whisking continuously to avoid curdling. Set aside.

### 4. **Assembling the Moussaka:**

Preheat your oven to 350°F (175°C). Lightly grease a large baking dish.

Start layering the dish with half the eggplant slices, followed by the meat sauce. Sprinkle