

Moussaka

(Μουσσακα)

Yield: 4-6 generous servings

Oven: 425 preheated

Cook: 45 minutes/allow to rest 20 m

Ingredients	Amount	Procedure
Eggplant	1#	Slice eggplant and zucchini 1/4" thick Layer in colander, salting each layer Place heavy object on top to allow the bitter juices to rise to the surface - about 30 minutes Rinse vegetables and pat dry. Brush both sides with olive oil and bake in a 425 oven until browned. After 10 minutes turn pieces over and bake another 10 minutes. Set aside and reduce heat to 375.
Zucchini	1#	
Olive oil		
Salt		
Sauce		
Olive Oil	3 tabs	
Onion	1 medium	Chopped
Garlic cloves	2	Minced
Greek Oregano	1/2 teas	
Paprika	1/2 teas	
Cinnamon	1 teas	Freshly ground
Clove	Pinch	Ground
Salt	1 teas	
Parsley	1/2 c	Chopped
Tomatoes	2 c	Fresh or canned
Red wine	3/4 c	
Navy or Cannelli beans	1 c	

Heat olive oil and cook the onions and garlic over medium-low heat until onions begin to soften. Add herbs and spices and continue to cook until onions are completely soft. Raise the heat add tomatoes, wine and cooked beans. Bring to a boil then lower the heat and cook slowly until sauce is thick. Taste and adjust the seasonings.

Cream	1/3 c		Combine milk and cream and heat.
Milk	1 1/2 c		Melt butter in separate pan, add flour and cook for 5 minutes.
Flour	1 1/2 tabs		Whisk in the warm milk-cream minxture.
Butter	1 1/2 tabs		Stir until sauce thickens and cook over low heat for 20 minutes.
Egg yolks	2		Remove from heat, whisk slowly into egg yolks.
Ricotta cheese	1/3#		Add ricotta and half the Parmesan cheeses.
Parmesan Reggiano	1 c	Grated	Season to taste with spices.
Nutmeg & white pepper			

Assembling the Moussaka

Cover bottom of a 3 quart dish with a shallow layer of the tomato/navy bean sauce. Over that set half the vegetables and the reserved 1/2 cup Parmesan cheese. Distribute remaining sauce over entire surface. Cover with the remaining vegetable, salt and pepper, then pour the bechamel sauce over the top. Bake at 375 for 40 minutes until top is brown and set. Remove from oven and allow to rest for 20 minutes before serving.