

George Diakomichalis – Kalymnos Pastries Adelaide

Moussaka

Ingredients

- 4 large potatoes, peeled and sliced 1cm thick
- 3 large eggplants, sliced 1cm thick
- 500 gm mincemeat – beef or pork or combination
- 2 brown onions, finely chopped
- 2 garlic cloves, crushed
- Ground cinnamon to taste
- 1 can 400 gm diced tomatoes
- 2 tablespoon tomato paste
- 1/2 cup water
- Salt and pepper to taste
- 1 cup breadcrumbs
- Nutmeg (ground) and Parmesan (grated) to taste



Ingredients for Bechamel

- 200gms unsalted butter
- 1 cup plain flour
- 1 litre (4 cups) milk
- 1 cup grated parmesan
- 2 eggs
- Salt and pepper to taste

Method

1. Place sliced potatoes and eggplant onto baking tray, lightly drizzle with olive oil and season with salt. Bake in oven at 175°C for 20 minutes. remove from oven and allow to cool.

Meat Sauce:

2. Heat oil in a large saucepan, add onion and garlic. Stir on a medium heat until translucent (lightly caramelised).
3. Add mincemeat to onion and garlic and brown over heat stirring well.
4. Add tomato paste and cook off lightly.
5. Add diced tomato and ½ cup of water
6. Season with salt pepper and cinnamon and stir well.
7. Simmer for 20-30 minutes, stirring every 5 minutes and set aside.

Bechamel Sauce:

8. In a saucepan, melt butter over medium heat and add flour and stir with whisk to combine. Whisk gently until ribbons form.
9. Add milk. combine and keep stirring until bechamel thickens.
10. Add cheese and combine.
11. Add eggs while whisking and season with salt and pepper to taste.

Assembling Moussaka

1. Preheat oven to 175°C
2. Lightly Sprinkle bread crumb to the base of tray.
3. Add a layer of potatoes, sprinkle parmesan.
4. Add a layer of eggplant, sprinkle parmesan.
5. Add meat sauce and spread evenly on top.
6. Spread bechamel on top of meat sauce and sprinkle with breadcrumbs and nutmeg.
7. Cook for approximately 45 minutes or until golden brown.

Stand for 10-15 minutes before serving. Can be eaten hot or cold.

TIP - for extra flavour, sprinkle a little grated parmesan in amongst every layer of moussaka