

## Lamb Moussaka

This classic Greek dish is simple to prepare and is a favourite for the whole family. Simply serve straight from the oven with a fresh green salad.

### Ingredients.

#### For the moussaka

- 6 tbsp olive oil
- 3 medium aubergines, cut into 5mm rounds
- 800g lamb mince
- 1 onion, finely chopped
- 2 fat garlic cloves, crushed
- 3 heaped tsp dried oregano
- 2 tsp ground cinnamon
- 2 bay leaves
- 200ml red wine
- 400g can chopped tomatoes
- 2 tbsp tomato purée
- ½ tbsp light brown soft sugar
- 550g Maris Piper potatoes, peeled and sliced into 5mm rounds

#### For the béchamel sauce

- 40g unsalted butter
- 40g plain flour
- 450ml whole milk
- 40g parmesan, finely grated
- whole nutmeg, for grating
- 1 large egg plus 1 yolk, lightly beaten

### Method

1. Slice the aubergines into 1cm slices and fry in hot olive oil until softened.
2. Fry the minced lamb until browned then remove from the pan and reserve.
3. Finely chop the onions and garlic and soften over a gentle heat for about 10 minutes.
4. Return the lamb to the onions and add the sugar, tomato puree, chopped tomatoes, cinnamon and bay. Season to taste and bring to a simmer.
5. Peel and finely slice the potatoes then add them to a pan of boiling salted water until just soft (9-15 minutes approx.)
6. Make the bechamel sauce by frying the flour in the butter and gradually adding the milk, whisking continuously.

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7. Remove from the heat and allow to cool a little before adding the eggs, nutmeg and parmesan.
8. Layer the ingredients in oven proof dish, first with half the lamb mixture. Then half the aubergines and potatoes, then the remainder of the lamb, then the rest of the aubergines and potatoes. Finally pour on the bechamel sauce.
9. Bake at 180 degrees for around 40 minutes until bubbling hot and brown on top.

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