

Lamb Moussaka

Ingredients

2 large eggplant, thinly sliced Olive oil cooking spray
1 tablespoon olive oil
1 medium brown onion, finely chopped
2 garlic cloves, crushed
800g lamb mince
420g can crushed tomatoes
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/3 cup grated pizza cheese
Lemon wedges, to serve
WHITE SAUCE
75g butter
1/3 cup plain flour
2 cups milk

Method

Step 1 or brush eggplant with oil. Heat a large frying pan over medium-high heat. Cook eggplant, in batches, for 2 to 3 minutes each side or until browned. Transfer to a large plate.

Step 2 Oil in a large saucepan over medium-high heat. Add onion and garlic. Cook, stirring, for 5 minutes or until onion has softened. Add mince. Cook, stirring with a wooden spoon to break up mince, for 6 to 8 minutes or until browned. Add tomatoes, cinnamon and allspice. Bring to the boil. Reduce heat to medium-low. Simmer for 30 minutes or until sauce is thick and liquid has evaporated.

Step 3 While, make sauce Melt butter in a saucepan over medium-high heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Gradually stir in milk. Bring to the boil. Reduce heat to medium. Cook, stirring, for 5 minutes or until mixture has thickened. Remove from heat.

Step 4 Preheat oven to 180°C/160°C fan-forced. Grease an 8 cup-capacity ovenproof dish. Place one-third of the eggplant, slightly overlapping, over base of prepared dish. Spread half the meat sauce over eggplant. Repeat layers, ending with eggplant. Spread white sauce over eggplant. Sprinkle with cheese. Bake for 45 minutes or until golden. Stand 15 minutes. Serve with lemon wedges.

THE
COOKERY

by The Secret Jozi Chef

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