



Garden Fresh Farm Recipes

Moussaka with Eggplants and Potatoes

The summertime brings RizzieFarms farm fresh eggplant to make traditional Greek Moussaka. There are layers of potatoes, eggplant, juicy beef, more eggplants, and creamy béchamel sauce baked to top it off.

Ingredients:

BASE INGREDIENTS

3 eggplants
5 medium potatoes

FOR THE MEAT SAUCE

1 lb ground beef or ground lamb
1 red onions, chopped
1 cloves of garlic, chopped
1 14 oz can chopped tomatoes
1 tbs tomato paste
1/2 teaspoon sugar
1/2 cup of red wine
1/4 tsp salt
1/4 tsp freshly ground black pepper
1 bay leaf
1/4 tsp of cinnamon
1/8 of a cup olive oil

FOR THE BÉCHAMEL SAUCE

2 Cups milk
1/4 cup butter
1/4 cup flour
1/4 tsp nutmeg
1 egg yolks
1/4 cup Parmigiano-Reggiano, plus some for topping
salt to taste





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Directions:

To prepare this moussaka recipe, begin by preparing the eggplants. Remove the stalks from the eggplants and cut them into 3/8 inch thick slices. Season both sides with salt and place between layers of paper towels for half an hour to remove moisture.

Preheat oven to 350°.

Rinse the eggplants with plenty of water and squeeze with your hands, to get rid of the excessive water. Drizzle the eggplant with some olive oil and bake them for 20 minutes. Set aside when done.

Slice potatoes into 3/8 inch slices. Drizzle the potatoes with some olive oil, lightly season with salt and bake them for 20 minutes. Set aside when done.

Prepare the meat sauce for the moussaka. Heat a large pan to medium-high heat and add the olive oil. Stir in the chopped onions and sauté, until softened and slightly colored. Stir in the ground meat breaking it up with a wooden spoon and sauté. When it starts to brown, add the the garlic and tomato paste and sauté until the garlic starts to soften. Pour in the red wine to deglaze the meat juices and wait to evaporate. Add the tomatoes, the sugar, 1/4 tsp of cinnamon, 1 bay leaf and a 1/4 tsp of salt and pepper. Bring to the boil then turn the heat down and simmer with the lid on for about 30 minutes or until most of the juices have evaporated. Set aside when done.

Prepare the béchamel sauce. Use a large pan to melt the butter over low-medium heat. Add the flour whisking continuously to make a paste. Remove pan from heat and add milk, keep whisking in order to prevent your sauce from getting lumpy. Return to heat and allow sauce to thicken to the consistency of thick cream.

Remove the béchamel pan from the stove and stir in the egg yolks, salt, pepper, 1/4 tsp of nutmeg and the most of the grated cheese. Reserve some cheese to sprinkle on top. Season with salt to taste. Take one spoon full of béchamel and stir it in the meat sauce. Set the béchamel sauce aside.

Now its time to assemble the moussaka. You will need a large baking dish approximately 8x12inch and 3 inch deep, we use our three sectioned meatloaf pan.



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Butter the bottom and sides of the pan and layer the potatoes first, then half the eggplants. Pour in all of the meat sauce and spread it out evenly. Add a second layer of eggplants, top with all of the béchamel sauce and smooth out with a spatula.

Sprinkle with the remaining grated cheese. Preheat your oven at 350F and bake your for about 60 minutes or until its crust turns light golden brown.

Let the moussaka cool down and be just warm to the touch before cutting into pieces.

Serve and enjoy!