

Recipe: by Dimitras Khan

Source: <https://www.dimitrasdishes.com/moussaka/>

*Moussaka is a layered Greek casserole-style dish made with layers of vegetables and meat. There are variations of this classic, but my version of moussaka is made with delicious layers of potato, eggplant, cheese, hearty meat sauce, and creamy béchamel sauce. Moussaka takes a little more work but is absolutely worth every minute. And since it freezes well, you can make two at a time... one to eat and one to freeze.*



### **EGGPLANT/POTATOES**

3 large eggplants, cut into 1/2 inch slices  
3 potatoes, peeled and cut into 1/2" slices  
2 cups freshly grated parmesan cheese, divided in half  
EVOO, for brushing  
kosher salt and freshly ground black pepper, to taste  
dried oregano, to taste

### **BECHAMEL**

5 cups whole milk  
3/4 cup EVOO  
3/4 cup all purpose flour  
1/4 teaspoon freshly grated nutmeg

1 cup grated parmesan cheese  
2 whole eggs  
2 egg yolks

### **MEAT SAUCE**

1 medium onion, finely chopped  
6 large cloves garlic, grated  
1/4 cup EVOO  
2 pounds lean ground beef  
kosher salt and freshly ground black pepper, to taste  
1 (15-ounce) can crushed tomatoes  
1 cup water  
1 teaspoon dried oregano

Preheat the oven to 425°F

1) Place the 1/2" thick potato slices on a baking tray. Drizzle 3-4 tablespoons of olive oil over them and season both sides with salt, pepper, and oregano. Bake 15-20 minutes or until fork-tender and golden.

## Greek Classic Moussaka - Dimitras Dishes

Makes 12 Servings

2) Slice the eggplants into 1/2" thick slices and layer them in a colander or on a tray. Sprinkle salt on top of each of the layers of eggplant and set aside for 20-30 minutes.

3) Pat the eggplant dry with a paper towel. Heat a large skillet over medium-high heat and add a layer of olive oil to cover the bottom of the pan. Pan-fry the eggplant slices until soft and golden on all sides. Drain them on a tray that has been lined with paper towels.

### MEAT SAUCE

4) Prepare the meat sauce: Place the onion in a large skillet along with the olive oil and sprinkle with a pinch of salt. Cook over medium heat for 10 minutes or until soft and golden. Add the garlic and warm through for a few seconds. Add the ground beef, salt, pepper, and crushed tomatoes. Rinse the can with a cup of water and add it to the skillet. Cover and cook for about 20 minutes or until the sauce is very thick. Taste and adjust the seasoning. Add the oregano and set aside.

### BECHAMEL

5) Make the béchamel sauce by combining the flour and oil in a saucepan over medium heat. Whisk well while cooking a few minutes until toasted. Slowly add the milk in a few batches, whisking to incorporate so that it is smooth and creamy. Adding the milk all at once will create lumps. Cook until it comes to a boil and thickens. Season with salt, pepper and nutmeg. Remove from heat.

6) Whisk the eggs together in a bowl. Add some of the hot milk mixture into the eggs and whisk to temper them so that they don't scramble when added to the cream sauce. Add the eggs to the sauce and whisk well. Add the parmesan cheese and mix to combine.

### ASSEMBLING

7) Place the roasted potato slices on the bottom of a 9 x 13 inch baking pan. Use a deep pan. Sprinkle grated cheese over the potatoes. Top with a layer of roasted eggplant slices and sprinkle grated cheese over them. Top with the meat sauce and spread.

8) Make a final layer of roasted eggplant over the meat sauce and top with the béchamel sauce. Sprinkle any remaining cheese over the sauce if desired.

### BAKING

Place in a preheated 400° F. oven. Bake for 45 - 60 minutes, or until the cream is golden brown on top. Remove from oven and allow it to rest uncovered for about 45 minutes before slicing with a sharp knife, so that the pieces hold their shape.

Serve with a fresh salad and enjoy!