

Moussaka

Serves 6-8

INGREDIENTS

- 4 Sunny Queen Eggs for Soldiers yolks
- 1 globe eggplant
- 750 g lamb mince
- 1 large onion, very finely diced
- 2 garlic cloves, crushed
- Olive oil
- Plain flour
- 1 can chopped tomatoes
- ½ teaspoon ground cinnamon
- 1 teaspoon dried oregano
- 200g crumbled feta or grated pizza cheese
- 4 tablespoons butter
- 1 litre milk
- Salt and pepper



METHOD

1. Heat the oven to 180° C. Brush a large oven dish with olive oil and set aside.
2. Dice unpeeled eggplant, place in a colander and sprinkle generously with salt. Set aside for ten minutes, then rinse under running cold water, drain well and dry in a clean tea towel.
3. Saute the onion and garlic in 2 tablespoons olive oil until lightly browned. Add the lamb mince and saute on high heat until lightly browned. Sprinkle 5 tablespoons of the flour over the meat, and stir in. Add tomatoes, cinnamon, oregano and ¾ cup water and simmer over medium heat, stirring occasionally, for about 15 minutes.
4. In a large frying pan saute diced eggplant in about 4 tablespoons olive oil until browned, turning often. Tip into a colander to drain off excess oil. Add to the meat sauce, and mix well. Season with salt and pepper. Spread evenly in the prepared oven dish and scatter on half the cheese.
5. In a medium sized saucepan melt the butter, stir in ¾ cup plain flour and cook on medium heat, stirring continually, for about 1 minute. Add milk while whisking continually with a wire whisk, and then simmer until the sauce thickens, about 5 minutes.
6. Beat the egg yolks in a small bowl, add 1 cup of the hot white sauce and whisk quickly. Pour back into the saucepan and stir to mix well. Add remaining cheese and season to taste. Spread evenly over the meat and eggplant and bake for about 20 minutes, until the top is golden brown and bubbling.