

SANTORIN

MOUSSAKA



Ingredients (for 6-8 persons)

- 1 kg medium sized eggplants
- Salt, pepper and the juice of 1 lemon
- 1 medium onion, chopped
- Butter
- 450g lamb, minced
- 250 ml white wine
- 3 tomatoes, peeled and cut
- 750 ml Béchamel sauce
- Parsley, chopped
- 2 + 2 large tablespoons of breadcrumbs
- 2 egg whites lightly whipped + 2 egg yolks
- 250 ml grated cheese
- olive oil to deep-fry.

Preparation:

Cut the eggplants in thin slices; sprinkle with salt and pepper; let stand for 1 hour. Brown the onion in the butter, add the minced meat and 4 tablespoons of water.

Incorporate the tomatoes, the parsley, the lemon and the wine, season with salt and pepper. Simmer covered for 45 min. Remove from the heat, add the breadcrumbs and the egg whites; mix well.

While the meat cooks, rinse the eggplants and then place them on a paper towel. Deep-fry briefly in some olive oil in a hot frying pan until golden on each side

Grease an oven-proof dish of 22 x 32 x 5 cm, sprinkle with breadcrumbs and line the bottom with half of the eggplants. Cover with the meat and tomato mixture; finish with a layer of eggplant slices.

Incorporate the beaten egg yolks in the Béchamel as well as the grated cheese (2/3). Top the eggplants with this mixture, sprinkle with the rest of cheese. Bake in the oven at medium heat for 45 min.

