

# Moussaka - Greece

**Preparation time:** 120 min

**Difficulty:** Medium

## Ingredients

- Black pepper: to taste
- Béchamel sauce: 4 cups
- Cinnamon powder: ½ tsp.
- Eggplants: 3 lb
- Extra virgin olive oil: 5 tbsp.
- Fine salt: to taste
- Garlic: 2 cloves
- Grated cheese: 8 oz.
- Medium-sized onions: 2
- Minced beef: 2 lb
- Peanut oil: to taste
- Potatoes: 1 lb
- Red wine: 1 glass



## Preparation

Wash the eggplants removing only the ends and cut into medium thin slices. Sprinkle with coarse salt and leave to drain in a colander for at least 30 minutes. Fry lightly the chopped onions and crushed garlic. Once golden, add the minced beef and fry over a high flame until well browned. Now add the red wine and let it evaporate then add salt, pepper, add the cinnamon and finally the **Pomì Rustic Sauce**.

Leave to cook over a low flame for about one hour. In the meantime, peel the potatoes and cut into thin slices, boil for 5 minutes in salted water. Fry the eggplants and the potatoes in seed oil and drain on kitchen paper. Now assemble the moussaka in a large-size dish. At the bottom put a layer of potatoes. On top, put half of the fried eggplants, then all the ragout and the other half of the eggplants.

Cover everything with a layer of béchamel sauce and finally grated cheese. Bake in the oven at 180 degrees for one hour until the béchamel is a golden brown color on the top. Leave to cool down for 10 minutes and serve.

## Curiosity.

Moussaka is one of the best known and appreciated dishes of the Greek culinary tradition. This recipe sets off several of its typical Greek ingredients: lamb, cheese and eggplants. The dish is thought to have spread throughout Greece from the island of Crete.

## For this recipe we used:

Rustica Tomato  
Sauce 500 gr

