

Traditional Greek Moussaka ??

Marcel · 26/04/2025

**Prep Time**

30

Difficult

Easy

Servings

6

Description

Greek Moussaka is a classic Mediterranean comfort dish made with layers of tender eggplant, seasoned ground beef, potatoes, and a creamy béchamel sauce. Baked until golden and bubbling, this rich and hearty casserole captures the authentic flavors of Greece. Perfect for family dinners or special occasions!

Ingredients

- For the Meat Sauce:
- 500g (1 lb) ground beef (or lamb)
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 400g (14 oz) canned tomatoes, crushed
- 2 tbsp tomato paste
- 1/2 tsp cinnamon
- 1/2 tsp oregano
- 1/4 tsp ground allspice (optional)
- 2 tbsp olive oil
- Salt and pepper, to taste
- For the Vegetable Layers:
- 2 large eggplants, sliced into 1 cm rounds
- 2 large potatoes, peeled and sliced
- Olive oil for brushing
- Salt
- For the Béchamel Sauce:
- 4 tbsp butter
- 4 tbsp flour
- 2 cups milk (warm)
- 1/4 tsp nutmeg
- 1/2 cup grated Parmesan cheese
- 1 egg, beaten
- Salt and pepper to taste

Instructions

1. Prepare the vegetables: Lightly salt the eggplant slices and let them sit for 20 minutes to release moisture. Pat dry. Brush the eggplant and potato slices with olive oil and roast them at 200°C (400°F) until tender and lightly golden, about 20 minutes.
2. Make the meat sauce: In a pan, heat olive oil and sauté onions and garlic until soft. Add ground beef and cook until browned. Stir in crushed tomatoes, tomato paste, cinnamon, oregano, allspice, salt, and pepper. Simmer for 20 minutes until thickened.
3. Prepare the béchamel sauce: Melt butter in a saucepan. Add flour and whisk for 1–2 minutes. Gradually add warm milk, whisking constantly until smooth and thickened. Remove from heat, stir in nutmeg, Parmesan, and beaten egg. Season with salt and pepper.
4. Assemble the moussaka: In a large baking dish, layer half of the potatoes, then half of the eggplant, followed by all the meat sauce. Layer the remaining eggplant and potatoes. Pour the béchamel sauce evenly over the top.
5. Bake: Bake at 180°C (350°F) for 45–50 minutes, until the top is golden brown. Let cool for at least 15 minutes before slicing and serving.
6. Kali orexi! ????? (Enjoy your meal!)