

“Moussaka” with Aubergines

5-6 servings

- ❖ 4-5 black aubergines (eggplants)
- ❖ ½ kilo (1 lb 2 oz) minced meat
- ❖ 2-3 tomatoes
- ❖ 1 teacup olive oil
- ❖ 2 onions, finely chopped
- ❖ Oil for frying
- ❖ ½ teacup grated Parmesan cheese
- ❖ 3 teacups béchamel sauce

Heat the cup of oil in a pot and sauté the chopped onions in it. Add the minced meat and continue to sauté for another ten minutes. Next, add the tomatoes or the tomato juice, the mint and the salt and pepper and allow the mixture to boil for approximately ½ hour. In the meantime, wash the aubergines (eggplants) and trim off their stems. Then cut them in round slices and let them soak in salted water for about an hour (to remove their bitter juices).

Drain the aubergines slices and fry them in very hot oil. In a pan, place a layer of aubergine slices and a layer of the minced meat mixture. Add another layer of aubergines and minced meat mixture. Finally, pour the béchamel sauce (of medium consistency) over the last layer. Sprinkle with the grated cheese and bake at a high temperature for approximately 20-25 minutes (200°C). Take out the “moussaka” and cut it in square pieces. Serve hot.