

Moussaka

Ingredients for Meat Sauce:

400g Canned Chopped Tomatoes
250g Minced Lamb
2 Aubergines
1 Onion
1 Pepper
1 Clove of Garlic
1 Tablespoon Tomato Purée
1 Teaspoon Dried Mixed Herbs
½ Teaspoon Ground Cinnamon
Olive Oil for Frying Aubergine: From School
Black Pepper
Salt



Please bring an ovenproof dish to make your moussaka in and a piece of tin foil to cover your dish at the end of the lesson.

Ingredients for Béchamel Sauce: Roux Method:

300ml Semi-Skimmed Milk
100g Cheddar Cheese
30g Butter
30g Plain Flour
Salt
Pepper

Method:

1. Preheat the oven at 190°C / Gas Mark 5
2. Weigh and measure out all ingredients accurately.
3. Cut the aubergine into even size slices.
4. Place a large frying pan at the front of the hob and add a layer of sliced aubergine, do not stack them on top of each other.
5. Drizzle 4 tablespoons of the olive oil over the slices of aubergine and fry for 5 to 7 minutes or until golden brown and beginning to soften. Turn half way through the cooking process. If they look a little dry during cooking, add a dash more olive oil. Set aside on a plate lined with kitchen paper. You will need to cook all the aubergine slices in several batches.
6. Place a large saucepan at the front of the hob, DO NOT turn it on.
7. Finely chop the onions and pepper.
8. Peel and crush the garlic and add to the saucepan.
9. And add the mince lamb, onion and pepper to the saucepan.
10. Fry until the meat has changed colour (red to brown), this will take around 5 to 10 minutes. You want the onions and peppers to soften.
11. Stir in the tinned tomatoes, tomato purée, dried mixed herbs, salt and pepper, bring to the boil.
12. Move the saucepan to the back of the hob, reduce the heat and simmer for 8 - 10 minutes. If the mixture is too watery, add 1 tablespoon of plain flour and stir in thoroughly.
13. Meanwhile for the béchamel sauce, you are going to use the roux method of making: Ensure all your ingredients are weighed out accurately and grate the cheese onto a plate.
14. Place a small saucepan at the front of the hob, DO NOT turn it on.
15. Place the butter into the saucepan; melt on a low heat stirring with a white plastic spoon. Once melted add the flour and continue heating it for 30 seconds, stirring it all the time.
16. Remove the saucepan from the heat and place it on a pan stand.
17. Gradually add the milk a small amount at a time (roux method), stirring well each time to avoid any lumps forming, until all the milk has been added.
18. Put the saucepan back on the heat and stirring all the time, heat the sauce until it boils and thickens (the sauce should coat the back of the white plastic spoon and be smooth and glossy in appearance).
19. Remove the saucepan from the heat and place it on a pan stand. Add all the grated cheese. Stir until the cheese has melted. Season.
20. In an ovenproof dish, start with a layer of meat sauce, then slices of aubergine then white sauce. Repeat these layers until all the ingredients are used up, finishing with a topping of sauce.
21. Sieve the ground cinnamon over the cheese sauce.
22. Bake in the oven for approximately 20 - 30 minutes or until the dish is piping hot all the way through. Use a food probe to check the core temperature reaches 75°C.