

Moussaka

Layers of eggplant, spiced lamb and tomato under a creamy baked topping

DIFFICULTY Medium

COURSE Main

CUISINE Greek



PREP
40 min



COOK
60 min



TOTAL
100 min



SERVES
8



FREEZES WELL
Yes

01 Ingredients

- 3 large eggplants, sliced 1cm thick
- 80ml olive oil, for brushing
- 1 tbsp olive oil, for the sauce
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 600g lamb mince
- 400g tinned crushed tomatoes (or 500g fresh, chopped)
- 2 tbsp tomato paste
- 1 tsp ground cinnamon
- 1 tsp dried oregano
- 60g butter
- 60g plain flour
- 600ml milk
- 1 egg, lightly beaten
- 50g grated parmesan or kefalotyri

02 Method

1. Preheat the oven to 200C. Brush the eggplant slices with olive oil, lay on trays and bake for 20 minutes, turning once, until golden. Reduce the oven to 180C.
2. Heat the olive oil in a large pan and cook the onion for 5 minutes. Add the garlic and lamb and cook until browned, breaking up the mince.
3. Stir in the tomatoes, tomato paste, cinnamon, oregano and 1 tsp of salt. Simmer for 20 minutes until thick.
4. Melt the butter in a saucepan, stir in the flour and cook for 1 minute. Gradually whisk in the milk and simmer for 5 minutes until thick. Cool slightly, then whisk in the egg and half the cheese.
5. Layer half the eggplant in a 25 x 30cm baking dish, spread over the lamb sauce, then add the remaining eggplant.
6. Pour the sauce over the top, sprinkle with the remaining cheese and bake for 40 minutes until golden. Rest for 15 minutes before cutting.

04 Common mistakes

- **Using wet eggplant** — they soak up oil and go soggy; brush lightly and bake rather than fry.
- **Skipping the rest** — it falls apart if cut hot; rest for at least 15 minutes.

03 Notes & substitutions

- You can salt the eggplant slices for 20 minutes and pat dry to draw out any bitterness, but modern varieties rarely need it.
- Use beef mince for a milder dish, or a mix of lamb and beef.
- Add a layer of sliced potato under the eggplant for a heartier dish.

05 Storage & leftovers

FRIDGE	Up to 4 days; reheat covered at 170C for 20 minutes.
FREEZER	Freezes well in portions for up to 3 months. Thaw overnight.
MAKE AHEAD	Assemble the day before, refrigerate, and bake straight from the fridge, adding 10 minutes.