



Moussaka

READY IN

ready

195 min.

SERVINGS

servings

8

CALORIES

calories

687 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 28 ounce canned tomatoes pureed with their juices
- ☐ 1.5 cups canola oil
- ☐ 0.1 teaspoon cayenne
- ☐ 0.3 cup currants dried
- ☐ 3 egg yolks
- ☐ 1.5 pounds eggplant
- ☐ 0.5 cup flour
- ☐ 0.3 cup flat parsley fresh plus more for garnish chopped

- ☐ 5 cloves garlic finely chopped
- ☐ 0.5 cup goat cheese soft
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 pound lamb
- ☐ 8 servings honey
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 lemon zest
- ☐ 2.5 cups milk
- ☐ 0.1 teaspoon nutmeg freshly grated
- ☐ 0.3 cup greek olive oil extra-virgin divided
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 1 bell pepper red cored stemmed thinly sliced
- ☐ 1 cup red wine
- ☐ 1 cup romano grated
- ☐ 1 serrano chile diced finely
- ☐ 2 tablespoons tomato paste
- ☐ 6 tablespoons butter unsalted
- ☐ 1 large onion yellow halved thinly sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk

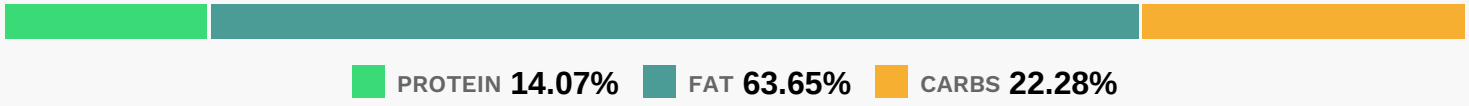
- ☐ sieve
- ☐ baking pan
- ☐ casserole dish
- ☐ spatula

Directions

- ☐ For the lamb: Soak the currants in warm water for 30 minutes.
- ☐ Drain.
- ☐ Heat 1 tablespoon of the olive oil in a 6-quart saucepan over high heat.
- ☐ Add the lamb, cinnamon, ginger, allspice, cayenne, and salt and pepper and cook, stirring to break up the meat, until browned, about 5 minutes.
- ☐ Transfer the lamb to a large strainer set over a bowl and drain; discard any liquid left in the pan. Return the pan to the heat and add the remaining 3 tablespoons olive oil and heat until it begins to shimmer.
- ☐ Add the onions and bell pepper and cook until soft, about 5 minutes.
- ☐ Add the serrano and garlic and cook for 1 minute.
- ☐ Add the tomato paste and cook for 1 minute.
- ☐ Return the lamb to the pan, add the wine, and cook, stirring occasionally, until almost completely evaporated, about 5 minutes.
- ☐ Add the tomato puree and currants and bring to a boil. Reduce the heat to medium-low and simmer until thickened, about 30 minutes. Stir in the parsley and oregano and season with salt and pepper and honey, if needed.
- ☐ Remove from the heat.
- ☐ Heat the canola oil in a 12-inch skillet over medium-high heat. Season the eggplant slices on both sides with salt and pepper. Working in batches, add the eggplant slices and fry until tender and lightly golden brown on both sides, about 5 minutes.
- ☐ Transfer the eggplant slices to paper towels.
- ☐ For the bechamel: Melt the butter in a medium saucepan over medium heat.
- ☐ Add the flour and cook, whisking constantly, until pale and smooth, 2 minutes. Still whisking constantly, add the milk and bay leaf and cook until thickened. Season with salt, pepper, and nutmeg and discard the bay leaf.

- ☐
- Let the sauce cool for 5 minutes. In a small bowl, whisk together the egg yolks, goat cheese, and lemon zest and whisk into the bechamel sauce until smooth.
- ☐
- Preheat the oven to 400 degrees F. Butter a 3-quart baking dish or casserole dish.
- ☐
- To assemble: Put half the eggplant slices in the dish and cover with half the meat sauce. Top the sauce with the remaining eggplant slices, and then the remaining meat sauce.
- ☐
- Pour the bechamel over the top of the meat sauce and spread evenly with a rubber spatula.
- ☐
- Sprinkle Romano evenly over the top, place the dish on a baking sheet, and bake until browned and bubbly, 45 to 50 minutes. Top with more chopped parsley, if desired.
- ☐
- Let cool for at least 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:78.16, Glycemic Load:13.58, Inflammation Score:-10, Nutrition Score:28.879130736641%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 73.48mg, Delphinidin: 73.48mg, Delphinidin: 73.48mg, Delphinidin: 73.48mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg, Apigenin: 4.09mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 687.17kcal (34.36%), Fat: 48.24g (74.22%), Saturated Fat: 19.14g (119.6%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 31.46g (11.44%), Sugar: 22.13g (24.59%), Cholesterol: 165.54mg (55.18%), Sodium: 440.29mg (19.14%), Alcohol: 3.18g (100%), Alcohol %: 0.8% (100%), Protein: 23.99g (47.99%), Vitamin K: 62.29µg (59.33%), Vitamin C: 37.02mg (44.88%), Phosphorus: 417.94mg (41.79%), Manganese: 0.76mg (38.24%), Calcium: 352.64mg (35.26%), Vitamin E: 5.25mg (34.97%), Vitamin B12: 2.04µg (33.97%), Vitamin A: 1647.46IU (32.95%), Selenium:

22.59µg (32.27%), Vitamin B2: 0.54mg (31.77%), Vitamin B3: 6.33mg (31.65%), Vitamin B6: 0.57mg (28.3%), Potassium: 976.62mg (27.9%), Fiber: 6.54g (26.14%), Copper: 0.5mg (24.95%), Iron: 4.47mg (24.83%), Zinc: 3.58mg (23.87%), Vitamin B1: 0.34mg (22.51%), Folate: 86.92µg (21.73%), Magnesium: 78.95mg (19.74%), Vitamin B5: 1.69mg (16.93%), Vitamin D: 1.54µg (10.24%)