



Moussaka

READY IN



200 min.

SERVINGS



8

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 14 ounce canned tomatoes diced drained canned
- ☐ 1.5 cups kefalotiri cheese or grated
- ☐ 2 tablespoons breadcrumbs dry
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 large eggs plus 3 egg yolks
- ☐ 4 pounds eggplants
- ☐ 0.5 cup flour all-purpose
- ☐ 3 cloves garlic minced

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 pound lamb
- ☐ 8 servings kosher salt
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 5 cups milk whole at room temperature
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 pinch nutmeg freshly grated
- ☐ 0.5 cup olive oil extra-virgin plus more for the pan
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup parmigiano-reggiano mixed with 1 cup crumbled feta grated
- ☐ 1 medium potatoes all-purpose peeled thinly sliced
- ☐ 1 large bunch swiss chard trimmed chopped
- ☐ 2 tablespoons tomato paste
- ☐ 3 tablespoons butter unsalted
- ☐ 6 tablespoons butter unsalted
- ☐ 2 tablespoons worcestershire sauce

Equipment

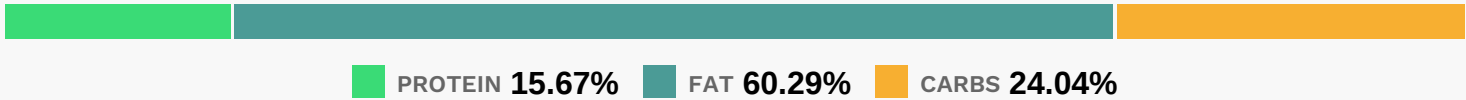
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ casserole dish
- ☐ aluminum foil
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Preheat the oven to 450 degrees. Trim the eggplants and cut lengthwise into 1/2-inch-thick slices. Arrange on 2 large foil-lined baking sheets; brush generously with 1/2 cup olive oil and season with salt and pepper.
- ☐ Bake until soft, about 30 minutes.
- ☐ Heat the remaining 2 tablespoons olive oil in a Dutch oven or heavy pot over medium-high heat; add the chard and season with salt and pepper. Cook, stirring, until wilted, about 4 minutes.
- ☐ Transfer to a colander and let cool; squeeze out excess moisture and set aside.
- ☐ Wipe the pot dry; add the butter and melt over medium-high heat.
- ☐ Add the onion; cook until golden, about 4 minutes.
- ☐ Add the garlic and cook 1 more minute.
- ☐ Add the lamb, breaking it up into pieces, with the oregano, cinnamon, nutmeg, 2 teaspoons salt and pepper to taste; cook until the meat is slightly browned, about 2 minutes.
- ☐ Add the wine and cook, stirring, until the meat is cooked but still slightly pink, 1 more minute.
- ☐ Add the diced tomatoes, tomato paste, Worcestershire sauce and bay leaves; bring to a simmer, cover and cook for 30 minutes.
- ☐ Meanwhile, lightly oil a 9-by-11-inch casserole dish and sprinkle with the breadcrumbs.
- ☐ Place the potato slices in the dish; pat dry with paper towels and season with salt and pepper.
- ☐ As the sauce continues to cook, make the cheese custard: Melt the butter over medium heat.
- ☐ Whisk in the flour, cooking slightly to form a soft paste. Off the heat, whisk in the milk, nutmeg and 2 teaspoons salt. Return to the heat and bring to a boil, whisking.
- ☐ Remove from the heat again; stir in 1 cup cheese, cool slightly, then whisk in the eggs and egg yolks.
- ☐ Reduce the oven to 350 degrees.
- ☐ Layer half of the eggplant on top of the potatoes. Cover with half of the meat sauce, then half of the chard. Repeat with the remaining eggplant, meat sauce and chard.
- ☐ Pour the custard sauce on top, then sprinkle with the remaining 1/2 cup kefalotiri cheese.
- ☐ Bake the moussaka, uncovered, until the custard is set and lightly browned, about 1 hour.

- ☐ Let rest 20 minutes before serving.
- ☐ Photograph by Tina Rupp

Nutrition Facts



Properties

Glycemic Index:77.22, Glycemic Load:11.9, Inflammation Score:-10, Nutrition Score:32.392174098803%

Flavonoids

Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg, Delphinidin: 194.34mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg, Kaempferol: 2.48mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 582.75kcal (29.14%), Fat: 39.71g (61.1%), Saturated Fat: 19.99g (124.94%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 25.64g (9.32%), Sugar: 12.83g (14.26%), Cholesterol: 146.67mg (48.89%), Sodium: 921.84mg (40.08%), Alcohol: 0.77g (100%), Alcohol %: 0.2% (100%), Protein: 23.23g (46.46%), Vitamin K: 330.16µg (314.44%), Vitamin A: 3241.39IU (64.83%), Manganese: 1.01mg (50.61%), Fiber: 9.97g (39.9%), Phosphorus: 379.73mg (37.97%), Selenium: 25.78µg (36.83%), Vitamin C: 28.88mg (35.01%), Potassium: 1199.3mg (34.27%), Vitamin B3: 6.75mg (33.77%), Calcium: 327.54mg (32.75%), Vitamin B12: 1.73µg (28.85%), Vitamin B2: 0.48mg (28.35%), Folate: 108.98µg (27.25%), Vitamin B6: 0.54mg (27.17%), Magnesium: 107.91mg (26.98%), Zinc: 3.89mg (25.96%), Copper: 0.5mg (24.88%), Iron: 4.18mg (23.21%), Vitamin B1: 0.34mg (22.85%), Vitamin E: 3.4mg (22.66%), Vitamin B5: 1.63mg (16.34%), Vitamin D: 0.69µg (4.58%)