



## Moussaka

READY IN



160 min.

SERVINGS



6

CALORIES



964 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 tablespoons butter
- ☐ 28 ounce canned tomatoes diced whole chopped canned
- ☐ 1.5 cups kefalotyri cheese grated
- ☐ 0.5 cup chicken stock see
- ☐ 1 cinnamon sticks
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 eggplants medium to large firm they should be very and heavy
- ☐ 1 jumbo eggs organic separated
- ☐ 6 tablespoons evoo

- ☐ 0.5 cup flat-leaf parsley leaves fresh very finely chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 large bay leaf fresh
- ☐ 4 cloves garlic finely chopped
- ☐ 1.5 teaspoons sea salt
- ☐ 1.5 teaspoons granulated onion
- ☐ 1.5 pounds lamb
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 3 strips lemon zest
- ☐ 2 cups milk
- ☐ 6 servings nutmeg freshly grated
- ☐ 1 onion finely chopped
- ☐ 1 sprig oregano fresh very finely chopped
- ☐ 3 cups panko bread crumbs
- ☐ 1 small chile pepper fresh red such as fresno, seeded and very finely chopped, or 1 teaspoon pepper flakes
- ☐ 0.3 cup tomato paste

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ casserole dish
- ☐ wooden spoon
- ☐ dutch oven

☐ colander

## Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Heat 2 tablespoons EVOO in a medium Dutch oven over medium-high heat.
- ☐ Add the ground lamb and cook until well browned. Season with salt and pepper, then stir in the garlic, chile pepper, onions and oregano and cook for 5 minutes. Stir in the tomato paste and cook for 1 minute. Deglaze with the wine, stirring and scraping up any browned bits from the bottom of the pot with a wooden spoon.
- ☐ Add the stock, lemon zest, bay leaf, cinnamon stick and tomatoes and simmer until thickened, about 30 minutes, stirring occasionally. Meanwhile, cut a thin slice from two opposite sides of each eggplant, removing some of the skin. Turn the eggplant cut-side up, then cut lengthwise into 1/4-inch-thick planks.
- ☐ Sprinkle with salt and drain in a colander for 20 minutes. Pat dry. Beat the egg whites with a splash of water in a shallow dish.
- ☐ Mix the panko with the remaining 4 tablespoons EVOO in another dish until well coated.
- ☐ Add half the cheese, the parsley, granulated garlic and granulated onion to the panko and mix well. Set a wire rack over each of 2 baking sheets. Dip each eggplant slice in the egg whites, then coat with the panko mixture, pressing to help it adhere. Arrange on the wire racks.
- ☐ Bake until crisp and golden, 25 to 30 minutes. Melt the butter in a saucepan over medium heat.
- ☐ Add the flour and cook, whisking, for 1 minute.
- ☐ Whisk in the milk and season with salt, pepper and a few grates of nutmeg. Simmer at a low bubble until thick enough to coat the back of a spoon. Lightly beat the egg yolks in a medium bowl. Slowly pour in some of the sauce, whisking constantly to temper the yolks.
- ☐ Pour the mixture back into the saucepan and remove from the heat. Make two layers of eggplant and lamb mixture in a medium casserole dish.
- ☐ Pour the sauce over the top and sprinkle with the remaining cheese.
- ☐ Bake until browned and bubbling, 30 to 40 minutes. Cook's Note: The casserole can be covered and refrigerated for a make-ahead meal. Reheat, covered, until heated through, then sprinkle with more cheese and bake, uncovered, to crisp the top.

## Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:9.51, Inflammation Score:-9, Nutrition Score:42.952609103659%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 131.66mg, Delphinidin: 131.66mg, Delphinidin: 131.66mg, Delphinidin: 131.66mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 964.4kcal (48.22%), Fat: 64.72g (99.56%), Saturated Fat: 26.64g (166.52%), Carbohydrates: 56.35g (18.78%), Net Carbohydrates: 45.77g (16.64%), Sugar: 20.29g (22.54%), Cholesterol: 180.52mg (60.17%), Sodium: 1069.22mg (46.49%), Alcohol: 2.1g (100%), Alcohol %: 0.41% (100%), Protein: 39.31g (78.63%), Vitamin K: 114.15µg (108.72%), Selenium: 45.98µg (65.69%), Vitamin B3: 12.5mg (62.52%), Manganese: 1.22mg (60.93%), Vitamin B12: 3.57µg (59.54%), Phosphorus: 580.83mg (58.08%), Vitamin B2: 0.84mg (49.52%), Calcium: 477.97mg (47.8%), Vitamin B1: 0.71mg (47.02%), Zinc: 6.76mg (45.04%), Fiber: 10.59g (42.34%), Potassium: 1435.44mg (41.01%), Iron: 6.82mg (37.89%), Vitamin E: 5.57mg (37.11%), Vitamin B6: 0.71mg (35.57%), Folate: 137.88µg (34.47%), Copper: 0.68mg (34.18%), Vitamin C: 27.46mg (33.29%), Vitamin A: 1628.8IU (32.58%), Magnesium: 120.6mg (30.15%), Vitamin B5: 2.39mg (23.93%), Vitamin D: 1.39µg (9.25%)