

MOUSSAKA WITH BC EGGPLANT



Yields:

18 - 20 portions. Fills a 4" pan

INGREDIENTS

5-6 lbs	Baby Eggplant, sliced 1/2 in. thick, grilled or roasted with your favourite herbs and spices
3 lbs	Small Zucchini, sliced 1/2 in. thick, grilled or roasted with your favourite herbs and spices
3 lbs	Potatoes, sliced 1/4 in. thick and blanched
5 lbs	Lean Ground Beef
5	Medium Onions, small diced
6 cups	Tomatoes, chopped with juice or canned tomatoes
2	small tins of Tomato Paste
4	Garlic Cloves
1/2 tsp	Cinnamon, ground
6-8	Whole Cloves
1/8 tsp	Allspice, ground
3	Bay Leaves
1 cup	Parmesan Cheese, grated
1 cup	Breadcrumbs
1/2 cup	Red Wine
	Freshly ground pepper
10 cups	Béchamel Sauce

DIRECTIONS

1. Add alternating layers of grilled eggplant, zucchini, and potatoes until all are layered.
2. Fry the ground Beef until cooked, add onion, garlic and herbs and spices. Cook until the onions are transparent (sweated).
3. Add tomato paste and canned tomatoes (or fresh diced tomatoes).
4. Cook for 1 hour.

5. Cover the layered vegetables with the cooked beef mixture. Cover the vegetable and meat mixture with the Béchamel Sauce.
6. Cook at 350 F for 1 hour; if the top is browning too quickly, cover with foil. Remove from the oven and let sit for 10 minutes before serving.