

Baked Eggplant Moussaka

1-2 large eggplants
salt
½ cup oil

Filling:

1 lb mince steak
2 medium onions chopped
finely
½ cup tomato puree
salt and pepper to taste
¼ cup oil

Sauce:

1 pt (600ml) milk
3 heaped Tbl plain flour
2 egg yolks
salt and pepper to taste
dash of nutmeg
1 blob of butter

Peek the eggplants and slice lengthwise into ¼" slices. Sprinkle with salt and set aside to bleed for 1-2 hours.

Brown the onion in oil, add mince and brown well until all the liquid is absorbed, season with salt and pepper, add tomato puree and a little water and cook for 20 minutes until water is reduced.

Wash and pat dry the eggplant slices, and fry in hot oil on both sides until slightly brown.

Let drain on paper. Divide them into two.

Set half the slices side by side to cover the bottom of a baking dish (round or square does not matter). Put the mince steak over these and cover evenly.

Top with another layer of eggplant slices.

Sauce:

Stir into the milk the flour, salt and pepper. Place over a low heat, stirring often, until a very thick custard is formed. Let cool a little, then add egg yolks one at a time. Stirring quickly so as not to cook the egg. Mix nutmeg in the sauce. Spoon over the eggplant and smoothen. Clean any spillage. Sprinkle with a little breadcrumb and grated cheese. Dot with a little butter and place in hot oven 400°F for 30-40 minutes or until tops are golden brown.

Source: Elya's Kitchen Delights Zorba's Restaurant, Canberra.