



GREECE

DINNER

PRINTABLE RECIPE PDF

Greek Moussaka

Moussaka is a beloved Greek dish that showcases layers of eggplant, minced meat, and béchamel sauce. Its origins can be traced back to the Middle East, but the

PREP

30 min

COOK

90 min

SERVINGS

2

DIFFICULTY

Intermediate

SHOPPING LIST

Ingredients

- 2 medium eggplants - sliced into 1/2-inch rounds
- 1 teaspoon salt - for salting eggplants
- 3 tablespoons olive oil - for frying
- 1 medium onion - finely chopped
- 2 cloves garlic - minced
- 200 g ground beef - or lamb, browned
- 400 g canned tomatoes - crushed
- 1 teaspoon dried oregano
- 1/2 teaspoon cinnamon
- 1/4 teaspoon black pepper
- 2 tablespoons fresh parsley - chopped, for garnish
- 50 g grated Parmesan cheese - for topping
- 50 g butter - for béchamel sauce

WHY THIS WORKS

About this recipe

A printable Greek Moussaka recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Moussaka is a beloved Greek dish that showcases layers of eggplant, minced meat, and béchamel sauce. Its origins can be traced back to the Middle East, but the modern Greek version has evolved to become a staple of Greek cuisine,

SHOPPING LIST

Ingredients continued

- 50 g all-purpose flour - for béchamel sauce
- 500 ml milk - for béchamel sauce
- 1/4 teaspoon nutmeg - for béchamel sauce
- 2 large eggs - for béchamel sauce

ORIGIN & TRADITION

Mediterranean context

Moussaka is a beloved Greek dish that showcases layers of eggplant, minced meat, and béchamel sauce. Its origins can be traced back to the Middle East, but the modern Greek version has evolved to become a staple of Greek cuisine, often served at family gatherings and special occasions.

METHOD

Step-by-step instructions

1

Preheat your oven to 180°C (350°F).

2

Sprinkle sliced eggplants with salt and let them sit for 30 minutes to draw out moisture and bitterness. Rinse and pat dry.

3

In a skillet, heat 2 tablespoons of olive oil over medium heat and fry the eggplant slices until golden brown on both sides. Set aside.

4

In the same skillet, add the remaining olive oil and sauté the chopped onion until translucent. Add garlic and sauté until fragrant.

5

Stir in the ground beef (or lamb) and cook until browned. Add crushed tomatoes, oregano, cinnamon, and pepper. Simmer for about 20 minutes until the sauce thickens.

6

For the béchamel sauce, melt butter in a saucepan over medium heat. Stir in flour and cook for 2 minutes. Gradually whisk in the milk and continue stirring until the sauce thickens. Remove from heat, then stir in nutmeg and beaten eggs.

METHOD

Instructions continued

7

In a baking dish, layer half of the eggplant at the bottom, followed by the meat sauce, then the remaining eggplant, and top with béchamel sauce. Sprinkle grated Parmesan on top.

8

Bake in the preheated oven for 40-45 minutes or until the top is golden brown.

9

Let it cool for about 10 minutes before serving. Garnish with fresh parsley.

CHEF'S TIP

For an even richer flavor, add a splash of red wine to the meat sauce while it simmers.

NUTRITION PER SERVING (EST.)

Calories	600 kcal	Fat	30 g
Protein	35 g	Fiber	10 g
Carbohydrates	40 g	Sodium	600 mg

SERVING SUGGESTION

Serve warm with a side salad and crusty bread. A glass of red wine, like Agiorgitiko, pairs beautifully with this dish.

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