

MOUSSAKA

500G MINCED BEEF AND PORK - 1KG POTATOES CHOPPED INTO CUBES
2 TOMATOES FINELY CHOPPED - 1/3 CUP FINELY CHOPPED PARSLEY - 1 ONION FINELY
CHOPPED 3 EGGS BEATEN - 1 CUP YOGURT - 2 TBS PLAIN FLOUR - SALT AND PEPPER
OIL FOR COOKING 2 TBS OREGANO.

METHOD

Fry onion and meat in a little oil, the more fatty the meat the less oil you need. In 10 mins Take it off and mix well with spuds and tomatoes and parsley , add salt and pepper to taste. Bake 45 minutes at 190 degrees or until spuds are cooked. Stir eggs and yogurt and flour together and pour over dish. Bake for 10 minutes more. Delicious with cold yogurt on the side.

I changed a few things. With the mince section I added garlic and a tin of cherry tomatoes. It is very bland. I didn't follow the topping at all. Instead i made the traditional moussaka topping which had more flavour.

50G BUTTER

2 TBLESPNS PLAIN FLOUR 1 1/2 CUPS OF MILK PINCH NUTMEG 1 EGG 1/2 CUP GRATED
CHEESE.

METHOD

Melt 50g butter. Stir in 2 tbsps plain flour. Whisk in 1 1/2 cups of milk. Stir over medium heat until it boils. Whisk in pinch of nutmeg and 1 egg. Pour over dish and sprinkle 1/2 cup grated cheese. Bake for 20- 30 minutes