

MOUSSAKA

Recipe by Peggy Ayscue

PAIR WITH:

"CRISCIONE VINEYARD"
CABERNET SAUVIGNON

INGREDIENTS

3 eggplants, peeled and cut lengthwise
into 1/2 inch thick slices

salt to taste

¼ cup olive oil

1 tablespoon butter

1 pound lean ground beef

2 onions, chopped

1 clove garlic, minced

ground black pepper to taste

2 tablespoons dried parsley

½ teaspoon fines herbs

¼ teaspoon ground cinnamon

½ teaspoon ground nutmeg, divided

1 (8 ounce) can tomato sauce

½ cup red wine

1 egg, beaten

4 cups milk

½ cup butter

6 tablespoons all-purpose flour

ground white pepper, to taste

1 ½ cups freshly grated Parmesan cheese

PREPERATION

STEP 1

- Lay eggplant slices on paper towels; sprinkle lightly with salt. Let sit for 30 minutes to draw out moisture, then pat dry with paper towels.

STEP 2

- Warm olive oil in a skillet over high heat. Fry eggplant until browned, 2 to 3 minutes per side. Drain on paper towels; set aside.

STEP 3

- Melt 1 tablespoon butter in a large skillet over medium heat. Stir in ground beef, onions, and garlic; season with salt and black pepper. Cook and stir until beef is browned, 8 to 10 minutes. Add parsley, fines herbs, cinnamon, and 1/4 teaspoon nutmeg. Pour in tomato sauce and wine; mix well. Simmer for 20 minutes. Allow to cool, then stir in beaten egg.

STEP 4

- Scald milk in a saucepan over medium heat.

STEP 5

- At the same time, melt 1/2 cup butter in a large skillet over medium heat. Whisk flour into butter until smooth. Lower heat; gradually pour in scalded milk, whisking constantly until it thickens. Season béchamel sauce with salt and white pepper.

STEP 6

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

STEP 7

- Arrange a single layer of eggplant in the prepared baking dish. Cover eggplant with meat sauce, then sprinkle 1/2 cup Parmesan cheese on top. Cover with remaining eggplant and sprinkle another 1/2 cup cheese on top. Pour béchamel sauce on top and sprinkle with remaining 1/4 teaspoon nutmeg. Cover with remaining cheese.

STEP 8

- Bake in the preheated oven until bubbly and browned, about 1 hour.