

Moussaka

Food category: Minced meat




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Company: Retigo





Program steps


1


 Hot air


 100 %

 Termination by time

 00:20 hh:mm

 170 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
aubergine	4	pcs
olive oil	100	ml
onion chopped	1	pcs
garlic cloves crushed	2	pcs
lamb minced	450	g
plum tomatoes diced	3	pcs
cinnamon powder	1	g
cumin powder	1	g
red wine	250	ml
chicken stock	150	ml
white sauce	200	ml
eggs	2	pcs
nutmeg powder	1	g
parmesan	100	g
mint chopped	5	g
salt	5	g
black pepper	3	g

Directions

Slice the aubergines then fry them on both sides in a large pan with a little olive oil. Drain on kitchen paper. To save on washing up, use the same pan with a little more olive oil and fry off the onions and garlic.


After five minutes turn the heat up and add the lamb to brown it, then add the tomatoes. Add a good pinch of cumin and cinnamon with the wine and sauté together to break up the tomatoes. Add the chopped mint and the stock in stages.

In an ovenproof dish, layer the aubergines and lamb mince in a few layers, finishing with a layer of aubergines.

Combine the white sauce with the eggs, nutmeg and seasoning. Spoon over the top of the mince and then scatter with the grated cheese.

Bake in the oven 25minutes to colour the cheese and cook through.

Recommended accessories



Enameled GN container