

EGGPLANT AND LAMB MOUSSAKA



Ingredients

Servings: 12

- 2 1/2 pounds eggplant, sliced 1/2-inch to 3/4 inch-thick
- 1 pound fresh mushrooms caps
- 1 tablespoon olive/canola oil, 90/10 blend
- 1 cup onion, diced
- 2 tablespoons garlic, minced
- 1 teaspoon allspice
- 1/8 teaspoon ground cloves
- 1/2 pound ground lamb
- 1 1/2 cups canned, crushed tomatoes, including liquids
- 1 cinnamon stick
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 cup fresh oregano, chopped
- 1 tablespoon olive/canola oil, 90/10 blend
- 4 tablespoons unsalted butter
- 6 tablespoons all-purpose flour
- 3 cups low-fat milk
- 2 eggs
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- 2 tablespoons Romano cheese, grated

- Place a single layer of eggplant in a perforated pan and steam for 10 to 15 minutes until cooked through but firm. Set aside.
- Toss the mushroom caps in the oil and roast in a 350 F oven until cooked through and the liquid is evaporated, about 40 minutes. Grind the mushrooms in a food processor until coarsely chopped. Set aside.
- Heat the oil in a pan and sauté the onion until translucent. Add the garlic and spices and toast for 1 minute. Add the ground lamb and cook until slightly browned and crumbly. Add the crushed tomatoes, chopped cooked mushrooms and cinnamon stick. Cover and cook for 20 minutes. Season the filling with salt, pepper and oregano. Cook 10 minutes more, uncovered.
- For the béchamel sauce: Melt the butter in a saucepan and stir in the flour. Cook, stirring constantly for 5 minutes. Slowly whisk in the low-fat milk and cook until it thickens to a heavy-cream texture.
- Whisk the eggs in a separate bowl and temper them (slowly drizzle hot thickened milk into the eggs while constantly stirring to avoid curdling). When there are about 2 cups of milk whisked into the eggs, pour, while whisking, the egg/milk mixture into pot with the remaining milk. Season the sauce with salt and nutmeg.
- In a 2-inch half hotel pan place a layer of eggplant, and then cut slices to ensure the layer is fully covered. Spread 1/2 of the lamb sauce over the eggplant. Place another layer of eggplant and another layer of the remaining lamb sauce. Spread the béchamel sauce evenly on top and sprinkle with grated cheese. Bake uncovered in a 350-degree oven for 30 to 45 minutes until the top is golden brown. Cut into 12 portions. Serve.

Side dishes

- Dilled Cucumber Salad
- Half Pita Bread

