

MOUSSAKA

Ingredients:

1 Eggplant
Salt
1 cup bread crumbs

Sauce:

1 lb. Ground beef
1 cup onions
1 can tomato sauce (14 1/8 oz)
1/2 cup red wine
2 cloves garlic, minced
1/2 cup fresh parsley-chopped
1 tsp dried oregano
1/4 tsp cinnamon

White Sauce:

4 tbs. Butter
4 tbs. Flour
2 cups milk
1/4 tsp. Salt
Dash of pepper

1 egg
1/2 cups parmesan cheese

ingredients

1 cup mint, chopped, fresh
1 cup parsley, chopped, fresh
4 green onions, sliced finely
1 medium onion finely chopped
1/2 English cucumber (diced 1/2 inch
Squares)

Dressing:

2/3 cup fresh lemon juice
2/3 cup olive oil
1/2 tsp. Allspice
1/2 tsp. Garlic powder
1/2 tsp. Salt
1/4 tsp pepper

Directions:

Slice eggplant into thin rounds, salt lightly and place in layers in a colander for 1 hour. Do not rinse. Pat dry, brush both sides of rounds with oil and place on an oiled baking sheet. Bake for 25 minutes at 375 degrees. Sprinkle bottom of an oiled 9 x 13 inch pan with 1 cup bread crumbs. Line the pan with 1/2 of the eggplant rounds saving the other half for another layer of rounds. Set aside.

Brown ground beef and onions in large sauté pan. Add all other ingredients. Cook until about 1/2 of the liquid is absorbed (about 20 minutes). Spread on top of eggplant. Add another layer of the eggplant rounds. Set aside.

Melt 4 tbs. Butter in heavy sauce pan. Add 4 tbs. flour and blend together. Add 2 cups milk stirring constantly. Add 1/4 tsp. salt and a dash of pepper. Cook until thick and smooth.

In a medium sized bowl, whisk egg and mix with 1 cup of cooled white sauce. Mix well and return to white sauce pan. Add 1/2 cup parmesan cheese. Mix well. Spread over casserole. Sprinkle with more parmesan cheese. Bake uncovered at 350 degrees for about an hour or until egg mixture is set.

Mix everything together. Add dressing and toss. If possible, refrigerate for 2 hours before serving.