

Moussaka

Cuisine: **Greek**Food category: **Minced meat**Author: **Jaroslav Mikoška**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	1	pcs
cloves garlic, finely chopped	2	pcs
minced lamb	450	g
tomato	3	pcs
cinnamon	1	g
ground caraway	1	g
dry red wine	250	ml
chicken stock	150	ml
white sauce	200	ml
chicken eggs	2	pcs
nutmeg	1	g
parmesan cheese	100	g
mint	5	g
salt	5	g
ground black pepper, ground	3	g

Nutrition and allergens

Allergens: 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	130.9 kJ
Carbohydrate	0.5 g
Fat	8.1 g
Protein	11.2 g
Water	0 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 chopped 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