

Lloyd Platt & Co. - RECIPE N0.12

By MARY

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MARY'S MEDITERRANEAN MOUSSAKA

A delicious Mediterranean dish taking you back to a summer vacation in the Greek Islands with your loved one.

Ingredients (serves 4 adults)

Meat Sauce

1lb lamb mince
2 Onions
3 Sliced Carrots
2 Celery sticks, chopped
5 Medium Sized Potatoes
3 Courgettes (this can be replaced with 2 aubergines)
1 Lemon
1 Tin of Chopped Tomatoes
2 Tablespoons of Tomato Puree
1 Stocks Cubes Chicken or Vegetable, in ½ Pint of boiling water
½ teaspoon of Cinnamon
Bunch of Flat Leaf Parsley
Olive Oil
Salt & Pepper to taste

Cheese Sauce

1 pints of full fat milk
4 oz butter
4 tablespoons plain flour
2 eggs
4oz Anari Cheese (available from all good Mediterranean shops) or Cheddar

Method

1. Slice the onions into rings and sauté with olive oil over a medium heat until tender and add the tinned tomatoes to the pan and stir
2. Add the pint of stock, tomato puree, cinnamon and parsley to the pan with the juice of the lemon at the end.
3. Brown the mince in a separate pan with the carrots, celery and courgettes.
4. Add the tomato sauce to the mince & vegetables and continue to stir on a low heat tasting for seasoning at this point.
5. Peel and slice the potatoes into discs (either by hand or a food processor).
6. Take a large earthenware or glass dish and layer the meat sauce and potatoes, ensuring that the final layer is potatoes.
7. Cover with foil and cook for 1 hour on 180 °C.
8. For the cheese sauce, melt the butter and add the plain flour, stir continuously until the flour has all been incorporated into the butter. Slowly add the milk and continue to stir until you have a thickened white sauce. Add the grated Anari or Cheddar, and stir until melted.
9. Take the Cheese sauce off the heat and break the eggs into the sauce stirring until incorporated.
10. Take the foil of the hot dish and pour over the cheese sauce, ensuring that it reaches all layers of the dish, return it to the oven for the final ½ hour cooking or until golden brown on the top.

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