Another New Recipe from Lazza's Kitchen.
Today he makes his first ever Moussaka

The English name for moussaka was borrowed from the Greek "*mousakás* (μουσακάς)" and from other Balkan languages, all borrowed from Ottoman Turkish, which, in turn, borrowed it from Arabic "*musaqqaʻa* (مسقعة)", literally "that which is fed liquid", or from "*muṣaqqaʻa* (مصقعة)", literally "pounded or cold". The word is first attested in English in 1862, written *mùzàkkà*.

2 Aubergines (Eggplant) - cut and sliced
750 g mince (I used beef, but can use lamb)
Large Onion diced, and two garlic clove crushed
Oregano, Cinnamon, Bay Leaf.
200ml Red Wine
400g Can Chopped Tomato: Plus Tomato Puree
500g Potatoes, sliced - I kept skin on
Sauce:
40g unsalted butter: 40g flour: 40g cheese
450ml milk: 1 egg, plus 1 egg yolk. Nutmeg

Cook the aubergine for 10 min in oil until golden, then put aside.
Fry the mince for around 10 minutes, until browned, also put aside.
Fry the onion for 10 minutes until softened and browning.
Add the oregano, cinnamon, garlic, bay leaf,.
Add the meat back in and stir in the red wine. Cook for 5 mins.
Add tomatoes, good dollop of puree, plus 100ml water (optional).
Lower heat and simmer for 20 minutes.
Meanwhile cook the sliced potatoes for 10 mins and put aside.
Melt the butter and add the flour stirring for a few seconds. Take off heat and add the milk slowly, making a paste. Add cheese, eggs, nutmeg. Whisk.
Make moussaka. Layer meat. Layer avocado and potato. Meat. Potato/ Avocado. Meat. Then the sauce. Cook 180C for around 45-50mins till brown on top.

I was inspired to make this after buying a shop moussaka which was tasty, and wondered if I could actually do it too.

Well, it came up trumps. Totally delicious. Takes time to cook, but worth the effort. Do give this one a go!!!

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
This was a great and very tasty meal to prepare.