

Mousaka

Ingredients:

1 kilo / 2 pounds potatoes
1/2 kilo / 1 pound ground beef
1/2 chopped onion
1 cup tomatoes from a can
1/2 glass white or red wine
1 cup of olive oil
1/2 cup chopped parsley
Salt, pepper and nutmeg
For the topping:
1 liter milk/2 pints
1 cup flour
1/2 cup of butter
2 eggs
Grated cheese (Emmenthal OK)

Directions:

For just plain old Mousaka, remove the potatoes, however it is normally served with them.

Boil the potatoes and stop half way.

Peel them and let aside.

Fry the onion in the oil till brown, add the ground beef, wait 10 minutes while stirring, and add the wine, tomato, parsley, salt, pepper and about a tablespoon of sugar, and then add 1/2 cup of water.

When the water is absorbed, remove from heat, and add the grated cheese and the Egg yolks (keeping the egg whites for the topping).

In a saucepan bring three cups of milk to boil, mix the flour with the remaining cup and pour stirring constantly, making a thick paste - if too thick, add milk, if too thin, add some more flour.

Remove from heat, and add the egg yolks, egg whites and the nutmeg.

Butter a baking pan, and put the sliced potatoes in it.

Cover with the meat mixture and then cover with the contents of the saucepan.

When the topping turns brown, serve cool.