

❁ DECEMBER 2014 CELLAR CLUB ❁

GREEK MOUSSAKA

PAIRED WITH 2012 MALBEC, YIELD: 6-8 SERVINGS

INGREDIENTS:

12 SLICES EGGPLANT, PEELED, 1/2 INCH THICK SLICES
SALT & FRESHLY GROUND BLACK PEPPER
1/4 CUP OLIVE OIL
1 1/2 POUNDS GROUND BEEF, 20% GRIND
TO TASTE SALT AND BLACK PEPPER
2 CUPS ONION, CHOPPED
8 CLOVES GARLIC, MINCED
1 TABLESPOON OREGANO, FRESH, MINCED
1 1/2 TEASPOONS GROUND CINNAMON
1 TEASPOON GROUND NUTMEG
1/2 TEASPOON GROUND CLOVES

2 TABLESPOONS PARSLEY, FRESH, MINCED
1 CUP TOMATO SAUCE
1/2 CUP RED WINE
4 CUPS MILK
2 OZ BUTTER
4 TABLESPOONS FLOUR
SALT TO TASTE
GROUND WHITE PEPPER, TO TASTE
1 1/2 CUPS FRESHLY GRATED PARMESAN CHEESE
1/4 TEASPOON GROUND NUTMEG

METHOD:

1. Preheat a grill (indoor or outdoor) until hot. Brush eggplant with olive oil and season with salt and pepper and grill eggplant with crosshatches on one side. Remove and set aside.
2. In a large heavy pan (cast iron, if possible) over medium-high heat, brown the ground beef seasoned with salt and pepper. Once beef is browned, remove from pan and set aside.
3. Now add onions and garlic to the pan where the beef was browned and cook until translucent (about 5 mins). Next, add the oregano, cinnamon, nutmeg, cloves and parsley and cook until fragrant (about 2 mins).
4. Add the tomato sauce and wine then simmer until slightly reduced and thickened.
5. To make the béchamel sauce, scald the milk in a saucepan. Meanwhile, melt the butter in a separate large skillet over medium heat and add flour and whisk until smooth. Lower heat; gradually ladle in the hot milk, while whisking constantly until it thickens. Season with salt, pepper and nutmeg.
4. Arrange a layer of eggplant in a greased 9x13 inch baking dish. Cover eggplant with all of the meat mixture, and then sprinkle 1/2 cup of Parmesan cheese over the meat. Cover with remaining eggplant, and sprinkle another 1/2 cup of cheese on top. Pour the béchamel sauce over the top, and sprinkle with the nutmeg. Sprinkle with the sauce with the remaining cheese.
5. Bake for 1 hour at 350° F. Remove from oven and rest for 15 minutes before cutting to serve.

Recipe by Chef Wendy Bennett of Wine Country Cooking Studio

WINECOUNTRYCOOKINGSTUDIO.COM