

MOUSSAKA



Magazine
Apr. | May. 12

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INGREDIENTS

- 700g minced lamb (Apolónia butcher)
- 2 chopped onions
- 2 garlic cloves
- 150ml olive oil
- 80g raisins
- ½ tsp oregano
- ½ tsp ground cinnamon
- ¼ tsp nutmeg
- ¼ tsp black pepper
- 2 large aubergines
- 1 small jar Guloso seasoned tomato
- 60g Galbani Grana Padana cheese
- 2 Total Greek yoghurts (170g)
- 300ml béchamel sauce
- 2 egg whites

METHOD

Cut the aubergines lengthways into 1-cm slices, seasoning with salt and pepper and drizzling with olive oil. Leave to rest for 20 to 30 min. • Place a casserole dish on the heat with a tbsp olive oil and cook the slices of aubergines over a high heat on both sides • Keep for later • Add a little olive oil to the dish and sauté the meat over a high heat • When dry and coloured, remove and save • In the same dish, fry the onion and garlic • When translucent, add the lamb and all the spices, seasoning with salt • Mix and add the tomato and raisins, cooking for 8 to 10 minutes. Keep for later • Beat two egg whites so they increase in volume, but not until they form peaks • Place the béchamel sauce in a separate bowl and add the yoghurt, the egg whites and some of the oregano • In an ovenproof Pyrex dish or terracotta casserole dish, begin by placing a little of the sauce, then the aubergine slices and the meat mixture, ending with more sauce and a little Grana Padano cheese • Repeat this process again until you use up all the ingredients and save a little of the sauce and cheese for the final layer • Bake for 30 minutes in a hot oven (170°C) and serve immediately