

## MOUSSAKA

### Ingredients :

2-3 aubergines  
Olive/sunflower oil

1lb minced lamb  
1 lg onion, chopped  
2 cloves crushed garlic  
1 green pepper, chopped  
Olive oil  
1 tin chopped plum tomatoes  
Approx 1 tsp salt & some pepper  
1 tsp sugar  
2-3 bay leaves  
½ glass red wine

Bechamel sauce, 1-2 eggs, grated Parmesan

### Method :

Slice aubergines lengthways, place in a colander, salt & leave juices to leak out for an hour or two or overnight. Rinse, dry & fry gently in olive oil or a mixture of olive & sunflower oil. Drain on kitchen paper & set aside.

Saute lamb in olive oil, add onions & peppers & continue to sauté. Add garlic, tomatoes, S & P, sugar, bay leaves & wine. Bring to boil, reduce heat & simmer for about an hour.

Grease a lg ovenproof dish & layer the aubergines & meat.

Prepare a Bechamel sauce & add ½ - ¾ pt extra milk, remove from heat & beat in 1-2 eggs. Pour over meat. Sprinkle lots of Parmesan on top & bake at 180 until golden.

This dish is always better made a day in advance --- and after properly heated through let cool to room temperature before serving.