



RECIPES THAT DELIVER

MOUSSAKA

A True Taste of Greece

LAYERED • RICH • AUTHENTIC • COMFORTING

Layers of tender eggplant, zucchini and potatoes, a rich homemade meat sauce and a creamy béchamel, baked to golden perfection. A true Greek classic.

Good Food Brings People Together!



YIELD
8 SERVINGS



PREP TIME
45 MIN



COOK TIME
1 HR 15 MIN



TEMPERATURE
350°F (175°C)



SKILL LEVEL
MEDIUM

INGREDIENTS

EGGPLANT (AUBERGINES)

Large eggplants	2 (about 1 kg)
Salt	to taste
Olive oil (for roasting)	as needed

ZUCCHINI

Zucchini	3 medium (about 600 g)
Olive oil	2 tablespoons
Salt	1/2 teaspoon
Black pepper	1/4 teaspoon

POTATOES

Yukon Gold or red potatoes	4 medium (about 800 g)
Olive oil	2 tablespoons
Salt	1/2 teaspoon
Black pepper	1/4 teaspoon

MEAT SAUCE (HOMEMADE)

• Tomato paste	25 g
• Chicken base	25 g
• Steak spice	25 g
• Paprika	5 g
• Salt	12 g
• Black pepper	3 g
• Dried oregano	5 g
• Ground cinnamon	5 g
• Chopped onion	400 g
• Olive oil	80 g
• Tomato sauce	2 litres
• Grated romano	50 g
• Ground beef	2 kg

BÉCHAMEL SAUCE

Unsalted butter	60 g (1/4 cup)
All-purpose flour	60 g (1/2 cup)
Milk (warm)	750 ml (3 cups)
Eggs	2
Grated parmesan or kefalotyri	100 g (1 cup)
Nutmeg	1/4 teaspoon
Salt	1/2 teaspoon
White pepper	1/4 teaspoon

MEAT SAUCE - STEP BY STEP (USE YOUR RECIPE)

1



In a large pot, heat the olive oil over medium heat. Add the ground beef and cook until browned, breaking it up with a spoon. Drain excess fat if needed.

2



Add the chopped onions and cook until softened and translucent.

3



Add the tomato paste, chicken base, steak spice, paprika, salt, pepper, oregano and cinnamon. Stir and cook for 2-3 minutes to release the flavors.

4



Mix well, making sure to scrape all the fond from the bottom of the pot.

5



Add the tomato sauce and bring to a boil, stirring often.

6



Once boiling, reduce the heat to medium-low and let simmer for 45 minutes, stirring every few minutes to prevent sticking.

7



Add the grated romano and stir until fully incorporated. Continue to simmer for 15 minutes. Set aside.

Rich. Flavorful. The heart of a great moussaka!

VEGETABLE PREPARATION

EGGPLANT



- Slice 1/2 inch (1 cm) rounds.
- Sprinkle with salt and let sit for 30 minutes. Rinse and pat dry.
- Brush with olive oil and roast at 425°F (220°C) for 20 minutes until golden. Set aside.

ZUCCHINI



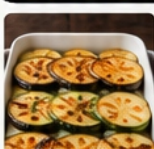
- Slice 1/4 inch (6 mm) rounds.
- Toss with olive oil, salt and pepper.
- Sauté in a large skillet over medium heat for 2-3 minutes per side, until tender and lightly golden. Set aside.

POTATOES



- Slice 1/4 inch (6 mm) rounds.
- Rinse to remove excess starch and pat dry.
- Toss with olive oil, salt and pepper. Roast at 400°F (200°C) for 15-20 minutes, turning once, until lightly golden. Set aside.

ASSEMBLY - STEP BY STEP



1. In a greased 9" x 13" (23 x 33 cm) baking dish, layer half of the potatoes.
2. Add a layer of eggplant.
3. Add a layer of zucchini.
4. Spread all the meat sauce evenly.
5. Repeat layers: remaining potatoes, eggplant and zucchini.
6. Pour béchamel sauce over the top and spread evenly. Sprinkle with parmesan.

BAKE



Bake at 350°F (175°C) for 60-75 minutes, until golden brown. Let rest for at least 20-30 minutes before slicing to allow the layers to set.



CHEF'S TIPS

- Salting the eggplant removes bitterness and excess moisture.
- Par-cooking the potatoes keeps them tender and prevents a raw texture.
- Don't overcook the zucchini - it should be tender but still hold its shape.
- Cinnamon gives moussaka its authentic Greek taste - don't skip it!

MAKE AHEAD & STORAGE

- Store in an airtight container in the refrigerator for up to 4 days.
- Freeze for up to 3 months.
- Thaw overnight and reheat at 350°F (175°C) until heated through.



NUTRITION FACTS (per serving, 1 of 8)

Calories	520	Cortisol	38 g
Total Fat	32 g	Protein	28 g
Carbohydrates	36 g	Sodium	690 mg



REAL
INGREDIENTS



GREAT
FLAVOURS



FOOD
MADE SIMPLE

COOK • CREATE • ENJOY

