**Quick moussaka**

Recipe variations:

Use large courgettes or peppers instead of aubergine

Replace minced lamb with turkey, beef or quorn mince

Add extra vegetables in the meat sauce

Serves 4

Ingredients

4 aubergines

olive oil

1 onion

2 cloves of garlic

1 carrot

450g/1 lb minced lamb

**SKILLS**: Roux sauce (at home)/vegetable preparation/ knife skills/ weighing and measuring/ simmering/ oven use

1 can chopped tomatoes

pinch of cinnamon powder

pinch of cumin powder

***NUTRITION***

*The vegetables in this dish add plenty of vitamin C and fibre*

*The milk and cheese are excellent sources of calcium, vitamin D and protein*

*Low fat meat will add HBV protein and iron*

*Dry fry meat and onions to avoid extra oil.*

*This could be served with bread, or a rice or pasta salad to add some starchy carbohydrate*

300ml chicken stock

300ml white sauce (Made with 250ml milk, 25g butter and 25g plain flour)

2 eggs

pinch of nutmeg

100g/4oz grated cheese

Salt and freshly ground black pepper

**Food science**

***Gelatinisation:*** As the sauce heats up, the flour it will absorb hot milk and swell due to gelatinisation of the starch. At boiling point the starch grains burst open thickening the sauce.

***Caramelisation:*** *Intrinsic sugar in the onion will start to caramelise when the vegetables are fried*

**Mailliard reaction:** The protein in the meat reacts with dry heat and turns brown adding extra flavour.

***Coagulation****: When the moussaka is baked, the egg that is added to the sauce will solidify because the protein will coagulate with the heat from the oven.*

***Convection****: The whole mixture will heat up by convection currents carry the heat through the mixture*

**Method**

1. Preheat the oven to 190°C/Gas5.
2. Wash and Slice the aubergines into 1 cm thick slices. Roast in the oven on a lined baking tray, with a little oil. Drain on kitchen paper.
3. Peel and finely dice onion, peel and crush garlic, peel and grate carrot.

4. Dry fry the lamb, onion and garlic until the lamb is brown, then add the carrot and tomatoes. Add a good pinch of cumin and cinnamon and the stock.

5. In an ovenproof dish, layer the aubergines and lamb mince in a few layers, finishing with a layer of aubergines.

6. Combine the white sauce with the eggs, nutmeg and seasoning. Spoon over the top of the aubergines and then scatter with the grated cheese.

7. Bake in the oven 20­-25minutes to colour the cheese and cook through.

8. Serve with salad and bread