



## Gourmet Moussaka Al Caruso



Serves 8

### INGREDIENTS FOR THE SMOKED AUBERGINE BECHAMEL:

100 g **butter**  
100 g plain **flour**  
1 l hot **milk**  
¼ tsp ground nutmeg  
salt, pepper  
50 g grated yellow **cheese**  
(Emmental or Cheddar)  
2 aubergines, charred over a gas  
flame, peeled and finely chopped

ALLERGENS HIGHLIGHTED IN  
BOLD

### PREPARATION:

#### DAY 2

Blacken the 2 remaining aubergines over a naked flame, turning them every couple of minutes to blacken evenly, until the skins split, in order for the flavour to become deliciously smoky. Once cool, peel off the blackened skin (using a knife and kitchen paper or under running tap water). Chop finely.

Heat the butter in a saucepan. Add the flour and stir to make a roux. Add the milk gradually, stirring constantly. Once the béchamel has thickened, add salt, pepper and nutmeg and stir. Add most of the grated cheese, stir and then tip in the chopped smoky aubergines. Mix thoroughly.

In a large roasting pan, put a layer of fried aubergines, then a layer of ragu, and repeat until finished. Finally pour the béchamel over the top, sprinkle with grated cheese and a pinch of grated nutmeg and put on the middle rack of a preheated oven at 180° C. Cook for approx. 50 minutes or until golden brown. Remove from the oven and allow it to rest for at least half an hour before serving.

Traditionally, moussaka is accompanied with Greek feta cheese and a glass of rosé or red wine.