

Moussaka

1 large eggplant

kosher salt

Stuff to saute

¼ cup olive oil

1 large onion, chopped

2 cloves garlic, minced

½ tsp ground cinnamon

½ tsp salt

¼ tsp ground nutmeg

¼ tsp ground white pepper

½ tsp dried oregano

¼ cup parsley (or 1 T. dried parsley)

2 T tomato paste (sauce will do, also)

1 package (12 oz) veggie crumbles

½ c. dry red wine or veggie broth

½ cup (or more) grated parmesan cheese

Cream sauce (see below)

Wash eggplant and trim off stem end. Don't peel. Cut in half lengthwise and then in ½" slices. Arrange in a single layer on paper towels and sprinkle with salt. Set aside.

In large skillet, heat about 2T oil and sauté the onion. When it starts to get translucent, add the rest of the sauté ingredients (veggie crumbles and wine/broth last.) When everything is well mixed, bring to a boil briefly, then let simmer about 10-15 minutes.

Blot moisture from eggplant with paper towel and arrange slices on a large pan or cookie sheet. Brush with oil and broil in oven about 4" from heat for about 5 minutes. When it's lightly browned, turn, brush opposite sides with oil, and broil for another 5 minutes. Then lower oven to 350°.

To assemble dish, make layers in ungreased 2-quart (8"x8") pan: first, a single layer of half the eggplant slices, then all the "meat" sauce, then about 2T parmesan cheese, then the rest of the eggplant, then more parmesan cheese, then the cream sauce (below), then more parmesan. (Casserole can be covered at this point and refrigerated overnight.)

Bake uncovered until top is lightly browned, about 1 hour.

Cream sauce

2 T butter or margarine

2 T flour

¼ tsp salt

dash of ground nutmeg

dash of white pepper

2 cups milk

2 whole eggs and one egg yolk

In medium saucepan, melt butter. Stir in flour, salt, nutmeg and pepper.

Gradually stir in milk and cook, stirring, until mixture begins to thicken. (This took me a long time. Listen to the radio, but keep stirring.)

In small bowl, beat eggs and egg yolk. Mix in a little of the hot sauce into the egg mixture; then blend gradually over low heat into sauce, mixing well.