

MOUSSAKA (EGGPLANT AND MEAT WITH CUSTARD)

- 4 Eggplants, large
- 1 Salt
- 1 Flour for coating
- 1/2 c Oil, vegetable

MEAT SAUCE

- 2 tb Butter
- 1 Onion, finely chopped
- 1 1/2 lb Beef, ground chuck
- 1/2 lb Pork, lean ground
- 1 tb Salt
- 1/2 ts Pepper
- 1/4 ts Nutmeg
- 2 tb Parsley, chopped
- 3 tb Tomato sauce
- 1 c Wine, dry red
- 1/2 c Water, boiling
- 2 Eggs
- 1 c Parmesan Cheese, grated
- 2 Toast, dry slices, grated

CREAM SAUCE

- 1/4 c Butter
- 2 tb Flour
- 1/4 c Milk, cold
- 2 3/4 c Milk, warm
- 1 c Cream, half and half
- 3 Eggs, whole
- 3 Eggs, yolks only
- 1 ts Salt
- 1/2 ts Nutmeg, grated
- 1/3 c Parmesan Cheese, grated

TOPPING

- 1/3 c Parmesan Cheese, grated

Peel eggplant and cut into 1/4 inch slices. Salt both sides heavily, let sit for 30 minutes. Pour cold water over eggplant and let sit for 10 minutes more. Squeeze the water out and blot dry with paper towels. The natural bitterness will be gone. Coat the pieces with flour. Heat the vegetable oil in a skillet and fry eggplant until golden brown. Drain on paper towels. Saute the onion in butter, add the ground meat, and brown well. Add salt, pepper, nutmeg, parsley, tomato sauce, wine and boiling water. Cover and cook until the sauce

thickens. Beat the eggs and add. Add cheese and half the grated toast and mix well. Grease a 12x10x3-inch baking pan. Spread remaining half of toast crumbs over bottom. Arrange half the eggplant over crumbs. Cover with meat sauce, then sprinkle 2 Tb of cheese from topping over it. Cover this with the remaining eggplant. To make the cream sauce, melt butter in a saucepan. Make a paste of the flour and cold milk and add the flour paste, warm milk and cream to the pan. Blend until smooth and simmer about 15 minutes. Remove from flame and add beaten eggs while stirring the sauce vigorously. Stir in the salt, nutmeg, and 1/3 cup cheese. Pour over the eggplant dish. Sprinkle top with remaining cheese. Bake at 375 degrees for 45 minutes. Let the dish stand for 20 minutes before serving.