

Lamb and Eggplant Moussaka



Ingredients

3 large eggplants, sliced into 1cm thick slices	400g crushed tomatoes
1/2 cup olive oil	2 tbsp butter
1 tbsp sea salt	1 heaped tbsp plain flour
500g lamb mince	1 cup milk
2 tsp fresh garlic, finely chopped	100g ricotta cheese
2 tsp dried oregano	1/2 cup shredded mozzarella cheese
1 tsp ground cinnamon	2 tbsp grated parmesan cheese
1 tsp ground cumin	Fresh parsley, chopped, to serve
1/2 cup red wine	

Directions

Step 1 – Spread the eggplant slices over a tray, coat with olive oil and sprinkle evenly with the salt.

Step 2 – Prepare the barbecue for direct cooking over medium heat (180°C-200°C), ensuring the grills are clean. Place a BBQ safe frying pan into the BBQ to preheat as well.

Step 3 – When the grills and frying pan have reached temperature, cook the eggplant on the grills and add the lamb mince to the frying pan. Cook the eggplant slices on both sides until starting to soften and char slightly, then remove and set aside. Cook the mince, stirring regularly, until it starts to brown, then add the garlic, oregano, cinnamon and cumin and cook for a further 2 minutes. Add the red wine and crushed tomatoes, stir together, then close the BBQ lid and allow the mixture to simmer for 15 minutes.

Step 4 – While the meat sauce is cooking, add the butter to a medium saucepan and heat until melted. Add the flour and stir continuously for 2 minutes before adding the milk. Stir vigorously until the sauce starts to thicken, then add the ricotta cheese to make a pourable sauce. Add more milk if required.



Step 5 – To assemble the moussaka, layer eggplant slices into a baking dish, top with a little meat sauce, then drizzle with a little of the cheese sauce. Repeat until all of the eggplant and meat sauce is used up, finishing with the cheese sauce. Sprinkle the top with the mozzarella and parmesan cheese.

Step 6 – Ensure the BBQ is set to medium heat – approximately 180-200°C. Set up the BBQ for indirect cooking. If you are using a Weber Q, set up your barbecue with a convection tray and trivet. Once the BBQ has reached temperature, bake the moussaka for 30 – 40 minutes, or until the cheese is beginning to brown on top. Sprinkle with the parsley and serve.

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