

Easy Moussaka Recipe - Layers of Eggplant, Meat, and Creamy BØchamel

Easy Moussaka - Creamy, Savory, and Full of Mediterranean Flavor



OVEN
350°F

TIME
5 min

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INGREDIENTS

For the Moussaka:

250 g ground beef
4 eggplants
4 tomatoes
1 onion
% clove garlic
50 g shredded cheese
10 sprigs of chives
3 tbsp olive oil
250 ml water (1 cup)
5 small knobs of butter
Salt and pepper to taste

For the BØchamel Sauce:

500 ml milk (2 cups)
40 g butter
2 tbsp flour
Pinch of nutmeg

DIRECTIONS

1. Prepare the Eggplants: Slice eggplants into thin rounds. Sprinkle with salt and let sit for 5 minutes to release excess moisture. Rinse and pat dry. Fry the slices in olive oil until golden, then drain on paper towels.
2. Make the BØchamel Sauce: In a saucepan, melt the butter. Add flour and stir with a wooden spoon. Slowly whisk in cold milk until smooth. Season with salt, pepper, and a pinch of nutmeg.
3. Cook the Meat Sauce: In a skillet, cook the ground beef in olive oil with finely chopped onion, garlic, diced tomatoes, and chopped chives. Add water, season with salt and pepper, and simmer for 10 minutes.
4. Assemble the Moussaka: Preheat oven to 180°C (350°F). Grease a baking dish with olive oil. Layer eggplant slices, then the meat-tomato mixture. Repeat until all ingredients are used, ending with eggplant. Pour bØchamel sauce over the top and sprinkle with shredded cheese. Dot with small pieces of butter.
5. Bake and Serve: Bake for 25 minutes until golden and bubbling. Let rest a few minutes before serving. Pair with rice or a fresh green salad.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-moussaka-recipe-layers-of-eggplant-meat-and-creamy-bechamel/>