

# Layered Moussaka with Potatoes and Eggplant

Traditional Greek-style layered moussaka with crispy potatoes, eggplant, and seasoned ground meat. Ready in 35 minutes for 8 servings.

10 min

PREP

25 min

COOK

35 min

TOTAL

8

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 4 eggplant
- 3 potato
- 2 onion
- 0.8 lb ground beef
- 2 clove garlic
- 1 tbsp tomato paste
- 0.5 tbsp pepper paste
- 1 tsp black pepper
- 1 tsp salt
- 1 cup strained yogurt
- 2 egg
- 1 cup flour
- 1 cup bread powder
- 0 sunflower oil

## Instructions

### 1 Prepare the vegetables

Wash and slice 4 potatoes and 3 eggplants into 1/4-inch thick rounds. Sprinkle the eggplant slices generously with salt and let sit for 30 minutes to draw out moisture. Pat the eggplant slices completely dry with paper towels.

## 2 **Set up breading station**

Set up three shallow dishes: place 1 cup flour in the first dish, beat 2 eggs in the second dish, and put 1 cup breadcrumbs in the third dish.

## 3 **Fry the potatoes**

Heat 1/2 inch of oil in a large frying pan over medium-high heat to 350°F (175°C). Fry the potato slices in batches until golden brown and crispy, about 3-4 minutes per side. Transfer to paper towels to drain.

## 4 **Fry the eggplant**

Dredge each eggplant slice first in flour, then beaten egg, then breadcrumbs, pressing gently to help coating adhere. Fry in the same hot oil until golden brown and tender, about 2-3 minutes per side. Drain on paper towels.

## 5 **Cook the meat filling**

Pour off all but 1 tablespoon oil from the pan. Add 0.8 lb ground meat and cook over medium-high heat, breaking it up with a spoon, until browned and cooked through, about 5-6 minutes.

## 6 **Season the meat**

Add 2 minced garlic cloves, 1 tablespoon tomato paste, 1 teaspoon salt, and 1 teaspoon black pepper to the meat. Cook, stirring constantly, until fragrant and paste is well incorporated, about 2 minutes.

## 7 **Make the yogurt sauce**

In a bowl, whisk together 1 cup strained yogurt with 1/2 tablespoon minced garlic and salt to taste until smooth and creamy.

## 8 **Assemble the moussaka**

On each serving plate, layer the fried potato slices as the base, top with eggplant slices, spread a generous dollop of yogurt sauce over the eggplant, then top with the seasoned meat mixture.

## 9 **Garnish with freshly chopped parsley and serve immediately while the layers are still warm.**

## Tips

Salt the eggplant slices and let them sit for 30 minutes before cooking to remove bitterness and excess moisture, then pat dry with paper towels.

Use a combination of olive oil and vegetable oil for frying to achieve better browning while maintaining flavor.

Don't overcrowd the pan when frying vegetables - work in batches to ensure even cooking and proper crisping.

Let the cooked meat mixture cool slightly before assembling to prevent the yogurt sauce from curdling.

Press the yogurt through a fine mesh strainer for 30 minutes before mixing to achieve a thicker, creamier consistency.

Allow the assembled moussaka to rest for 10-15 minutes before serving to help the layers set and make slicing easier.

Use a sharp knife wiped clean between cuts to achieve neat, defined layers when serving.

Taste and adjust seasoning in each component separately - the meat mixture, yogurt sauce, and vegetables should all be well-seasoned on their own.