Moussaka

食谱作者 V-ZUG 瑞族



制备过程	1 小时
烘烤的时间：烘烤时间取决于机器	1 小时
份	4
电器	Combair SE 自 2015 年

Minced meat sauce

2 tbsp olive oil

500 g minced lamb or beef

2 onions

2 cloves of garlic

3 tbsp tomato purée

200 ml white wine

400 g peeled plum tomatoes, chopped

½ tsp cumin

1 tsp small thyme leaves, fresh

½ cinnamon stick

1 bay leaf

1 tbsp paprika, ground

1 knife tip of cayenne pepper

Salt

Pepper

¼ lemon, zest

2 tbsp small oregano leaves, fresh

Peel and finely chop the onions and the cloves of garlic. Brown the minced meat in hot oil. Add the onion, garlic and tomato purée, simmer. Quench with white wine and bring to the boil. Add the plum tomatoes and all the ingredients up to and including the cayenne pepper and allow to simmer for about 10 minutes. Remove the cinnamon stick and bay leaf at the end, season with salt and pepper to taste. Stir in the oregano and lemon zest.

Béchamel sauce

50 g butter

50 g flour

400 ml milk

200 g crème fraîche

2 eggs

Nutmeg, ground

Pepper, freshly milled

Salt

For the topping, melt the butter, stir in the flour and cook briefly. Add the milk and crème fraîche and bring to the boil, stirring constantly. Remove from the heat and mix in the eggs. Season with nutmeg, salt and pepper to taste.

Vegetables

Olive oil

2 aubergines

450 g potatoes, waxy

Salt

Wash the aubergines and cut into 7 mm thick slices. Wash and peel the potatoes and cut into 3 mm thick slices.

Salt the aubergine and potato slices, brush them with oil, lay them out on different, lined baking trays and put into the cold cooking space. Bake.

在 湿热风 期间为 **180** **15** 分钟°C

准备

150 g Parmesan, grated

To make the moussaka, layer the aubergines, potatoes, minced meat sauce and Parmesan in the porcelain dish. Top with the béchamel sauce. Put the dish on to the wire shelf in the cold cooking space. Cook.

在 湿热风 期间为 **180** **1** 小时°C

小费

Courgettes can be used in place of aubergines.

配件

Porcelain dish ½ GN, depth 65 mm

Wire shelf

附加信息

创建时间	11.12.2019