Cut the eggplants lengthways in slices and put them in a colander. Sprinkle them with salt and leave them for 30 minutes. This draws out any bitter juices.

Pour the minced meat in the casserole. Add olive oil, onions and garlic. Stir them until the pink color of the mince meat disappears. Then add parsley, tomato paste, salt, pepper, oregano, cinnamon and a glass of water. Stir the ingredients and at the same time turn the heat down low and cook for 30 to 40 minutes until most of the liquid has evaporated.

Meanwhile cut the potatoes and the zucchini lengthways in slices. On a frying pan add olive oil and fry for a few minutes the potatoes and the zucchini. Before adding the eggplants on the frying pan rinse them and pat dry. When mildly fried remove them from the pan and drain them on kitchen paper.

Meanwhile make the béchamel sauce. Melt the butter over low heat. Using a whisk, add flour to melted butter whisking continuously to make a smooth paste. Add warmed milk in the mixture in a steady stream, whisking continuously. Simmer over low heat until it thickens. Remove from heat and stir beaten eggs along with salt, pepper and grated cheese.

Cover the base of an ovenproof dish with eggplants and on top that with potatoes and zucchini. Then add the minced meat. Now cover the minced meat with another layer of eggplants, potatoes and zucchini. Pour over the béchamel. Smooth the béchamel with a spatula and then pour some grated cheese. Bake in a preheated oven at 200C for 50 minutes.
Moussaka is a casserole made by layering eggplant with a spiced meat filling then topping it off with a creamy bechamel sauce that is baked to golden perfection.

It is perhaps the most widely recognized of all Greek dishes and was made famous by the legendary Greek chef, Nicholas Tselementes.

**Ingredients**

**Béchamel sauce:**
- 250g butter
- 1 cup flour
- 4 cups milk
- 2 eggs

**Meat filling:**
- 3-4 eggplants
- 3-4 big potatoes
- 3-4 zucchini
- ¼ cup chopped fresh parsley
- ½ tsp cinnamon
- ½ tsp oregano
- 1 large onion, finely chopped
- 500g minced meat (beef or pork)
- 1 clove garlic, chopped
- ¼ cup olive oil
- 2 tbsp. tomato paste

Enjoy your moussaka!