

Moussaka

Country: Greece

Ports visited: Santorini, Athens, Mykonos, Kusadasi/Ephesus, Souda

Ships visiting: Odyssey of the Seas, Brilliance of the Seas, Rhapsody of the Seas

Say “Opa!” by savouring local moussaka in Greece while cruising on Odyssey of the Seas in Santorini, Athens, Mykonos, Kusadasi and Souda; on Brilliance of the Seas in Santorini and Mykonos, and on Rhapsody of the Seas in Santorini, Mykonos, and Athens.



Serves eight

The bechamel sauce

150g butter
150g all-purpose flour
Pinch of ground nutmeg
100g grated Parmesan
100g grated Grana Padano
(or 200g of either of these if one is not available)
3 egg yolks

For every part

Extra virgin olive oil
(about 200ml total)
Salt and pepper for seasoning
1 onion (half for the vegetables and half for the meat)

The meat

Half an onion (white or red)
2x 400g cans of chopped tomatoes
3 cloves of garlic (or 3 tsp of pre-minced garlic, or 3 tsp of powdered garlic)
Half a tsp of cinnamon
Pinch of ground clove
2 tbsp of tomato paste
600g of your choice of mince (Traditionally, moussaka uses lamb mince, but you can use beef, turkey, chicken, or meat-free mince)

The vegetables

Thyme for seasoning: three sprigs of fresh thyme, or 3 tsp of dried
3 large potatoes
2 aubergines
2 courgettes
Half an onion (white or red are both fine, red tastes stronger)

**#MEDITERRANEAN
#FLAVOUR**

Tag us in your recipe photos on social media with **#MediterraneanFlavour** for a chance to win a free cruise!

Cruise118.com



Step 1

Pre-heat oven to 200 C (fan-assisted mode if you have it). Brush a baking pan (25x30cm) with extra virgin olive oil.

Step 2

Chop the potatoes into 1cm thick slices. Chop the onion into small pieces. Place half with the potatoes and put the rest aside.

Step 3

Place the potatoes and onion all in a large bowl, drizzle with olive oil. Season with salt, pepper, and thyme. Spread out on the baking tray and cook for 20 minutes. While the potatoes are cooking, cut your aubergine and courgette into 1cm thick slices. Place them separately in a large bowl, drizzle each with olive oil, and season with salt, pepper, and thyme.

Step 4

After 20 minutes, the potatoes will be golden brown. Remove the baking tray and spread the aubergine slices on it over the potatoes and cook for 20 minutes.

Step 5

While the aubergines are cooking, heat a large, deep, frying pan. Add olive oil. When the oil is hot, add in the other half

of the chopped onion, and let it heat until it caramelises.

Step 6

Add in three cloves of minced or finely chopped garlic and stir in half a teaspoon of cinnamon and a pinch of ground clove. Then add 2 tbsp of tomato paste and stir. Add in the mince, and season with salt and pepper, breaking the meat up with a wooden spoon.

Step 7

Add in two cans of chopped tomatoes and simmer for 5-10 minutes, until everything blends nicely.

Step 8

Now the aubergines should be ready. Take them out of the oven and add the courgette layer to the baking tray, spreading them over the aubergines. Cook for 20 minutes. While the courgettes are cooking, make the bechamel sauce.

Step 9

Place a large pan or pot on a medium heat and melt 150g of butter, then add in 150g of flour and stir.

Step 10

Add the milk very slowly. Pour in a little,

constantly whisking as you add it in. When the milk has been absorbed, add a little more, about 50ml more each time, until you have used all 750ml of milk.

Step 11

When it bubbles and is a smooth and creamy consistency, take it off the heat, and add ground pepper and a pinch of ground nutmeg. Add grated parmesan and whisk. Add in the three egg yolks, to make the sauce extra silky.

Step 12

Add one third of the sauce into the cooked meat and mix. Spread this over the vegetables. Pour the remainder of the bechamel sauce over the meat, spreading evenly with a spatula.

Step 13

Sprinkle the Grana Padano on top and cook again for 25 minutes. Allow the moussaka to sit for an hour to set.

Then cut into slices and kalí órexi!
(Greek for 'enjoy your meal'!)

Tip: Moussaka is even more enjoyable the day after cooking as the flavours blend more. It's a great dish to make ahead of time for a dinner party!