

**MOCK MOUSSAKA**      G D Low  
Gluten & Dairy containing, Low Salicylate  
Serves 4-6

**Ingredients:**

800g minced lamb  
2 cloves garlic, minced  
3 shallot or chives, sliced  
2 celery sticks diced  
500ml homemade stock  
5 potatoes  
~2 cups milk  
3 Tbsp margarine or butter  
1/3 cup plain flour  
1 egg (lightly beaten)

**Method:**

Preheat oven to 180<sup>0</sup> Celsius  
Grease a cooking pan with dimensions roughly 30cm x 20cm



**Preparing the potato**

- Peel the potatoes and cut them into 1 cm thick rounds
- Microwave, boil or steam until soft. Make enough to cover the bottom of the baking dish

**Preparing the meat**

- Brown the lamb mince in a large saucepan on the stove. Salt to taste
- Add the garlic, chopped shallot, celery and then the stock
- Simmer for about ½ hour or more until the stock reduces and the meat is not 'runny'

**Preparing the white sauce**

- In a small pot on the stove melt the margarine/butter
- Add the flour and stir until combined
- Cook for a further 30 seconds before adding the milk
- Add a small amount of milk (~1/4 cup) and mix together. Keep adding small amounts and stirring to combine this before adding the next milk.
- Stop adding milk if you think the sauce is getting too thin
- Beat the egg into the mixture

**Putting it together**

- Cover the base of the cooking dish with 1 cm thick slices of potato
- Pour the lamb mixture over the top of this
- Put the white sauce and egg mixture over the top of the meat
- Cook in the oven for about 45-50 minutes until the topping slightly browned