

MOCK MOUSSAKA GF DF Mod
Gluten Free, Dairy Free, Moderate Salicylate
Serves 4-6

Ingredients:

800g minced lamb
2 cloves garlic, minced
3 shallot or chives, sliced
2 celery sticks diced
500ml homemade stock
2 large potatoes
1 orange sweet potato
~2 cups soy/rice/potato milk
3 Tbsp milk free margarine
1/3 cup GF plain flour
1 egg lightly beaten



Method:

Preheat oven to 180° Celsius
Grease a cooking pan with dimensions roughly 30cm x 20cm

Preparing the potato

- Peel the potatoes and sweet potato 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
- Add the GF plain flour and stir until combined
- Cook for a further 30 seconds before adding the milk alternative
- Add a small amount of milk alternative (~1/4 cup) and mix together
Keep adding small amounts and stirring to combine this before adding the next milk. (It will look curdled and bubbly like it's ruined but keep stirring well and eventually it will all come together like a white sauce)
- Stop adding 'milk' if you think the sauce is getting too thin
- Beat the egg into the mixture

Putting it together

- Lay the 1 cm thick slices of each of the potatoes side by side on the base of the cooking dish until the base is covered
- 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