

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

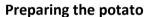
3 Tbsp margarine or butter

1/3 cup plain flour

1 egg (lightly beaten)



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



- 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

