



Fall into Greek

-Menu -

Greek Salad with Tomatoes, Cucumbers and Feta
Greek Moussaka with Bechamel Sauce

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Shopping List

Dairy/Freezer

- ½ cup feta cheese (please buy a block and crumble it)
- 1 egg
- 8 TB unsalted butter
- 1 cup heavy whipping cream
- 2 cups milk
- ¼ cup goat cheese
- ½ cup Romano cheese

Pantry

- 4 TB white wine vinegar
- 8 TB extra virgin olive oil
- ¼ cup Kalamata olives, sliced
- 1, 15-ounce can petite diced tomatoes
- 3 TB tomato paste
- 2 TB plain bread crumbs
- ½ cup all-purpose flour

Produce

- 1 lemon
- 3 plum/Roma tomatoes
- ½ cucumber
- ¼ red onion
- 2 medium yellow onions, about 2 cups
- 3 cloves of garlic
- ¼ cup fresh Italian parsley
- 1 eggplant
- 2 russet potatoes

Protein

- 1 ½ pounds ground beef or lamb (lamb is more authentic)

Spices

- 1 TSP Greek seasoning
- Salt
- Black pepper
- 1 bay leaf
- 1 TSP cinnamon
- 1 TSP oregano
- 1/8 TSP nutmeg

Specialty

- 1 cup red wine

Equipment List

Baking

- Large rimmed baking sheet
- 9" x 13" baking dish

Pots and Pans

- Dutch oven
- Large saucepan
- Large skillet

Utensils

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Mixing bowls
- Pastry brush
- Spatula
- Wooden spoon

Specialty

- Mandolin or food processor to slice potatoes (optional)

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- **Slice and peel the potatoes**

Greek Salad

Dressing

4 TB white wine vinegar
8 TB extra virgin olive oil
1 TSP Greek seasoning
Juice from one lemon
Salt and pepper to taste

Combine all the ingredients in a jar. Shake to combine.

Salad

3 plum tomatoes, deseeded and cut into cubes
½ cucumber, cut into cubes
¼ red onion sliced
¼ cup Kalamata olives, sliced
½ cup feta cheese, cubed

Combine the salad with dressing and chill for 30 minutes to combine flavors.

Moussaka

1 ½ pounds ground beef or lamb
2 medium yellow onions, about 2 cups, chopped fine
3 cloves of garlic, minced
1 cup red wine
1, 15-ounce can petite diced tomatoes
3 TB tomato paste
1 bay leaf
1 TSP cinnamon
1 TSP oregano
1 TSP salt
¼ TSP pepper
¼ cup fresh Italian parsley
1 egg, beaten

1 eggplant, sliced in ¼" thick rounds
2 russet potatoes, peeled and sliced in ¼" thick rounds
2 TB plain bread crumbs

Preheat oven to 400°.

Lightly spray a large baking sheet with cooking spray. Place the eggplant rounds in a single layer. Lightly brush olive oil over the surface of the eggplant rounds. Sprinkle salt and pepper over the eggplant. Bake for 10 minutes, or until the eggplant is lightly browned and softened.

Bring a large pot of salted water to a boil. Add the potato slices and cook about 8 minutes, until the potatoes are parboiled. Remove from the water and dry them on paper towels.

In a large skillet over medium heat, brown the meat and onions for about 10 minutes until the onions are softened. Add the garlic and cook until fragrant. Add the remainder of the ingredients to the skillet: wine, tomatoes, tomato paste, bay leaf, cinnamon, oregano, salt, pepper and parsley. Simmer for 20 minutes or until all the liquid is evaporated. Remove from heat and set aside. Once it has cooled slightly, stir in one beaten egg.

Béchamel Sauce

8 TB unsalted butter
½ cup all-purpose flour
1 cup heavy whipping cream
2 cups milk
1 TSP salt
Pinch of black pepper
1/8 TSP nutmeg
¼ cup goat cheese
½ cup Romano cheese, shredded

In a large pot, melt the butter, while whisking, gradually add the flour. Continue to whisk as it cooks to prevent any lumps. Cook for about 2 minutes until the mixture is bubbly and slightly

browned. While whisking, pour in the heavy cream. Continue whisking and add the milk in a steady stream. Next stir in the cheeses and continue stirring until the cheese is melted. Next season with salt, pepper and nutmeg. Stir the sauce as it cooks until it has thickened, 3 – 5 minutes. Remove from heat and set aside.

To assemble

Preheat the oven to 375°

Spray a 9"x13" baking dish with cooking spray. Sprinkle about 2 TB of bread crumbs over the bottom of the pan to catch the liquid from the vegetables. Place the potatoes in a layer on the bottom of the dish, overlapping if necessary. Next layer the eggplant slices over the potatoes. Pour the meat mixture over the eggplant and spread evenly. Lastly, pour the béchamel sauce over the top.

Bake for one hour in a 375° oven uncovered. Remove from the oven and let cool for 15 minutes. Slice and serve.