



## LAMB MOUSSAKA (SERVES 4)

RECIPE BY CHEF HELEN GOELET TO BE PAIRED WITH  
2018 HIRONDELLE ESTATE CABERNET SAUVIGNON

### INGREDIENTS

- 2 large eggplants, cut into ½ inch disks
- Olive oil
- Salt and freshly ground black pepper
- 1 lb ground lamb
- 1 small onion, diced
- 4 cloves garlic, finely minced
- ½ tsp dried oregano
- ⅛ tsp allspice
- ⅛ tsp ground nutmeg
- ¼ tsp paprika
- Pinch of ground cloves
- Pinch of red pepper flake
- 3 tbsp flour
- 1 15 oz can fire roasted tomatoes
- 1 fresh bay leaf
- 5 tbsp butter
- 6 tbsp flour
- 2 cups milk, room temperature
- 1 large egg
- 2 egg yolks
- Pinch of nutmeg
- ½ tsp salt
- 4 tbsp grated Pecorino cheese

### INSTRUCTIONS

Preheat oven to 475 degrees. Arrange the eggplant on two sheet pans with racks and sprinkle with salt. The salt will release liquid from the eggplant, so proper drainage with the racks is important; try not to overlap the eggplant slices.

While the eggplant drains, set a heavy-bottomed medium saucepan over medium high heat. Add 2 tbsp olive oil and onions to the pan. Stir to combine and cook until just starting to brown. Add garlic and cook for another minute before adding lamb, herbs, and spices. Stir with a wooden spoon, breaking up the lamb as it gently browns. Once the lamb is finely broken up and just turning from pink to brown, sprinkle it with flour and stir well, evenly coating lamb with flour. After 1 minute, add bay leaf, diced tomato and juice from the can and stir well, bringing the mixture to a simmer. Cover and cook over low heat for 20 minutes, stirring every 5 minutes to ensure the flour doesn't stick to the bottom of the pot.

While the sauce cooks, gently squeeze remaining water from the eggplant. Dry the sheet pans and arrange eggplant slices directly on the pans. Brush with olive oil, season with freshly ground pepper and cover with tin foil. Bake until cooked through, roughly 20-30 minutes. Remove eggplant from the oven and reduce the temperature to 350 degrees.

Line the bottom of a 9" casserole dish with a layer of cooked eggplant. Evenly spread some of the lamb sauce over the eggplant layer, just enough to cover the eggplant. Continue with layers of eggplant and sauce until you run out, finishing with lamb sauce.

Melt the butter in a heavy-bottomed medium saucepan. Once the butter is melted, add flour and whisk constantly for 2 minutes. Remove from heat and gently pour in the milk, whisking constantly. It will appear separated at first, but place the pot back over low heat and continue whisking until it comes together and thickens to a loose mashed potato consistency. You want it to ribbon off the whisk, not release in clumps. Whisk in the salt and nutmeg before scraping into a medium sliced glass bowl. Continue whisking until the sauce cools down significantly, then add the egg and egg yolks. Whisk together until fully incorporated before whisking in the cheese.

Pour the sauce over the layered eggplant and lamb and smooth with a rubber spatula. Bake for 45 minutes until the sauce becomes a golden brown. Serve hot with a bottle of 2018 Hironnelle Estate Cabernet Sauvignon.