

MOUSSAKA POTJIE



INGREDIENTS (SERVES 8)

1. 8 Marrow bones (or 12). (oil for frying, salt pepper)
2. 1 Kg mince.
3. 12 small peeled onions.
4. 800 Grams baby potatoes (par boiled in micro).
5. 1 Tin (410 gr) chopped tomatoes.
6. 2 Large Aubergines in thick slices. (or three)

Mix following spices together:

1. 3 Tablespoons tomato paste.
2. 1 Tablespoon dried oregano.
3. 1 teaspoon Cumin.
4. 1 Teaspoon Coriander.
5. Pinch of cinnamon.
6. 6 Cloves of Garlic chopped, or paste.
7. 1 Cup beef stock.

For the White Sauce:

1. 2 Tablespoons butter.
2. 2 Tablespoons flour.
3. 1 Cup milk, heated.
4. ½ Cup meat stock, heated.
5. Ground nutmeg, big pinch.
6. 1 Bay leaf.
7. 1 Cup grated cheddar.
8. Salt and pepper.

METHOD

1. Grill the Aubergine slices over the coals or fry in a pan. Put one side. Get drinks for all!!
2. In flat bottomed pot fry the marrow bones on both sides with heavy salt.
3. Add the mince to the pot and fry until brown. Break up lumps. Salt / pepper. Push bones one side.
4. Add the onions, tinned tomatoes and stock .Get to boil.
5. Add the spices mix and all else except potatoes and Aubergines.
6. Simmer for an hour and refill all wines. Red for the ladies. Gooi !!!
7. Add potatoes and then Aubergines on top and simmer 30 minutes. Don't stir too much.

Method for white sauce done while waiting for above. If possible get assistant to make this.

1. Melt butter in a pot and stir in flour to make a roux. Stuff knows what this is.?
2. Then whisk in milk and stock slowly and don't make lumps.
3. Add nutmeg, bay leaf and salt / pepper.
4. When cooked add in cheese and melt and set aside.

SERVE SPOONFULS OF WHITE SAUCE OVER SERVINGS OR ADD TO TOP OF POT AND EAT.