

★ U.K. ★ BBQ ★ Week ★



Direct grill
in Dish



Final Temp
74°C



45 mins
plus
prep



£6



Serves 4

RECIPE

Moussaka



INGREDIENTS

1 large aubergine
4 tbs olive oil
1 onion finely chopped
2 garlic cloves finely chopped
1 tsp cinnamon
1/2 tsp ground cumin
450 gms minced goat
1 can chopped tomatoes
2tsp oregano
salt and pepper

For the Topping

250gms greek yogurt
1 egg
1 tbs cornflour
120gms feta
30gms parmesan
freshly grated nutmeg
salt and pepper

METHOD

1. Preheat the bbq to 180°C and put the deflector plates in for a ceramic or prepare for indirect cooking on a kettle bbq.
2. Cut the aubergine into rounds toss with 2 tbs oil and season with some salt
3. Place on a baking sheet and bake for 20 mins until softened and slightly coloured. Remove and set aside
4. Heat the remaining oil in a pan, add onion and fry for about 10 mins until softened. Add the garlic and spice and cook for 1 minute
5. Add the minced goad and cook until it is dry and starting to colour. Add the tomatoes and most of the oregano.
6. Bring to the boil, season then put on bbq for 30 mins until the sauce is concentrated and thick.
7. While the sauce is cooking whisk the yoghurt with the eggs and cornflour, crumble in the feta with plenty of pepper and nutmeg to taste
8. Oil the bottom of a baking dish, place a third of the aubergine on the base, top with half the meat and tomato sauce. Repeat finishing with a layer of aubergine
9. Top with the yogurt sauce and sprinkle the Parmesan and remaining oregano
10. Bake in the bbq for about 45 mins until the top is golden and its bubbling at the edges with brown patches.
11. Remove from oven and rest for 10 mins before service. Serve with garlic bread, salad or wedges

Recipe by James Whetlor