



Artisan Chef, Food Writer & Teacher

## LENTIL MOUSAKKA

Serves 4

### INGREDIENTS:

For the Lentil ragu:

250g green lentils

600ml vegetable stock – *home made or bought (gluten free etc.)*

100ml red wine

1 large onion

2 garlic cloves

1 can (400g) chopped tomatoes

2 tsp ground cinnamon

2 tsp dried oregano

2 tbsp tomato puree

Sea salt

For the béchamel:

500ml whole milk use almond or soya if required

50g butter

50g plain flour

Freshly grated nutmeg

100g strong cheddar – *use vegetarian cheese if required*

2 eggs – *if you want use egg substitute as per instructions*

Salt and pepper

For the layers:

2 medium aubergines

2 sweet potatoes

2 tomatoes

75g feta – *use vegetarian cheese if preferred*

oil





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## METHOD

To make the ragu, finely chop the onion and sauté until translucent, chop the garlic and add with the cinnamon and oregano for 1 minute. Add the tomato puree and continue cooking for a further minute.

Next, add the lentils and red wine and cook until the wine has reduced by half. Add the stock and tomatoes, bring to the boil and reduce to a simmer. Cook for 30-40 minutes until the lentils are tender and the liquid has reduced down.

Pre heat the grill.

Slice the aubergines, brush lightly with oil and sprinkle with salt. Grill until coloured on both sides and set aside on kitchen paper.

Peel the sweet potatoes and very thinly slice. Place in cold water until needed.

Slice the tomatoes.

Pre heat oven to 170.

For the béchamel, start by making a roux - gently melt the butter in a saucepan and add the flour. Keep stirring ensuring the flour does not burn for about 2 minutes. Slowly add the milk a little at a time stirring until smooth each time until it is all incorporated. Gently bring to the boil to thicken and turn off the heat. Add the cheese and stir until combined. Grate in about ½ teaspoon of nutmeg and season to taste.

When all elements are ready, drain the sweet potatoes on kitchen towel and layer the ragu, aubergines and potatoes. Beat the eggs into the béchamel and pour over the top of the layers. Lay over the tomato slices pushing down slightly. Crumble over the feta.

Bake for 35-40 minutes, test by putting a skewer or knife through the potato to check if soft.

Leave to stand 15 minutes before serving and accompany with a crisp green salad or a pile of green vegetables.