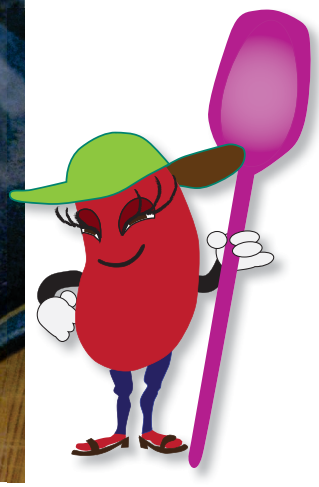
Moussaka



original recipe by **beansriceeverythingnice.weebly.com**

Ingredients

2 eggplants

1 onion, diced

2 cloves garlic, minced

6 - 8 mushrooms, diced

1/2 Tablespoon tamari

3 cups cooked lentils (home-cooked or canned)

1 14-ounce can no-salt added diced tomatoes

1 teaspoon cinnamon

1/8 teaspoon ground cloves

1 Tablespoon oregano (preferably Greek oregano)

1 recipe Skordalia

nutmeg

paprika

1. Preheat the oven to 230C / 450F (or the max. temperature for your parchment paper or silicone mat.) Line a baking sheet with parchment paper or a silicone mat. Slice the eggplants into rounds about 1 cm / 1/2 in wide. Fit as many as you can on the baking tray and bake for 7–10 minutes. Flip the rounds and broil the other side for another 7–10 minutes, until the eggplant is brown and beginning to soften. Remove from the oven and set aside. Repeat with any remaining eggplant slices.
2. Heat a large skillet over medium heat and dry saute the diced onion until translucent and slightly browned. Add the garlic and saute for another 30 seconds. Add the mushrooms with a splash of water and the tamari, and cook about 5 minutes. Add the lentils, diced tomatoes, cinnamon, cloves and oregano. Stir to combine. Cook for another 10 minutes or so to reduce the liquid. It's ready when there is very little liquid remaining.
3. In a large glass or ceramic casserole dish, layer half of the broiled eggplant. Top with the lentil mixture then layer the rest of the eggplant over that. Set aside.
4. Prepare the Skordalia recipe. When you get to the mashing stage, preheat the oven to 175C / 350F. When the Skordalia is a loose, spreadable, mashed potato consistency, spread it evenly over the top layer of eggplant. Sprinkle the top with a little nutmeg and paprika. Bake for 35 - 45 minutes. When ready, the top eggplant layer should be soft when pierced with a knife and the potatoes will begin to brown (a bit.) Remove from the oven and let cool for 10 minutes before serving.