

## Vegetable Moussaka – Grilled Eggplants – Part 1

### Equipment needed –

Chopping board, chopping knife, frying pan, baking dish, foil, plate, kitchen paper

### Ingredients from the Garden –

- Eggplants

### Ingredients from the Pantry –

- ½ cup of olive oil

### What to do –

1. Preheat the oven to 180°C.
2. Wash and dry the eggplants.
3. Cut off the ends of the eggplants. Cut the eggplants into thick slices.
4. Heat some of the oil in a large frying pan. When oil is hot, fry the eggplant slices until golden on both sides.
5. Place some kitchen paper on a plate, and drain the eggplant to remove some of the oil.
6. Place the cooked eggplant onto a baking dish, cover with foil and place in the oven to keep warm.

### Serves –

- 28 students.

## Vegetable Moussaka – Cheese Sauce – Part 2

### Equipment needed –

Small saucepan, measuring spoons, measuring cups, wooden spoons, whisk and grater.

### Ingredients from the Garden –

- 2 tablespoons of finely chopped fresh basil

### Ingredients from the Pantry –

- 4 teaspoons of butter
- 2 tablespoons flour
- 2 cups of milk
- 4 tablespoons of finely grated parmesan cheese

### What to do –

1. Measure the butter, then melt in a small saucepan.
2. Add the flour. Cook, stirring continually with a wooden spoon for about 1 minute.
3. Gradually add the milk, stirring over a medium heat until the sauce boils and thickens. Use a whisk to get the sauce nice and smooth.
4. Wash and dry the basil, then finely chop.
5. Grate the parmesan cheese.
6. Stir in half of the cheese and all of the basil.

### Lentil Bolognese – Part 3

#### Equipment needed –

Chopping board, knife, garlic press, frying pan, sieve and baking dish.

#### Ingredients from the Garden –

- 1 clove of garlic
- 1 onion
- 2 tablespoons of parsley

#### Ingredients from the Pantry –

- 1 cup of tomato sauce
- 1 tin of lentils
- 1 tablespoon of olive oil
- 2 tablespoons of tomato paste
- Salt and pepper

#### What to do –

1. Peel the onion and finely dice.
2. Peel 1 clove of garlic and crush.
3. Heat the olive oil in a frying pan over a medium heat and cook onion and garlic, stirring until the onion is soft.
4. Open the can of lentils. Pour into the sieve and rinse well to remove all of the sodium (salt).
5. Stir the tomato sauce and lentils in with the garlic onion mix. Add the tomato paste and season with salt and pepper. Simmer the mixture uncovered for about 15 minutes until it thickens slightly.
6. Once thickened, spread the lentil mixture into an ovenproof baking dish. Cover with foil and place in an oven to keep warm.

#### To assemble the moussaka

#### What to do -

2. Spread the lentil mixture into an ovenproof baking dish.
3. Place the grilled eggplant on top of the lentil mixture.
4. Pour the cheese sauce over the eggplants.
5. Sprinkle with the remaining cheese.
6. Bake uncovered in a moderate oven for about 15 minutes or until the moussaka is lightly browned.

