

Around the World Recipes

Bulgaria - Moussaka



Recipe provided by Tomas in Tiger Class https://youtu.be/ie_LuqQN8q

Bulgarian moussaka is one of the most popular dishes of Bulgarian national cuisine

Ingredients

tomato sauce,
onion,
minced meat,
Carrot, Potato
red pepper.
Spices Bulgarian savory,
oil
black pepper and salt.

The topping is made of

eggs,
yogurt,
flour and baking soda.

Method

Heat oven at 200/180 fan/gas mark 6. Fry the onion and the Carrot (if using), potato in the oil for about 3 minutes. Add the mince and brown. Add the tomatoes, bulgarian savory spices, salt and some black pepper. Transfer to an oven proof dish, Cook for an hour.:

After about 40 minutes, start making the topping. Warm oil or melt butter in a saucepan. Add the flour and stir until slightly golden, couple of minutes. Gradually add the yoghurt and keep mixing until smooth. Add the salt and a grind or two of black pepper. Add the 3 eggs to the sauce and mix well.

Take the Moussaka out of the oven and pour over the topping. Pop back in the oven for 20 minutes or until golden brown.