



GEORGE CHIALA'S RECIPE OF THE MONTH COLLECTION

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Recipe 4

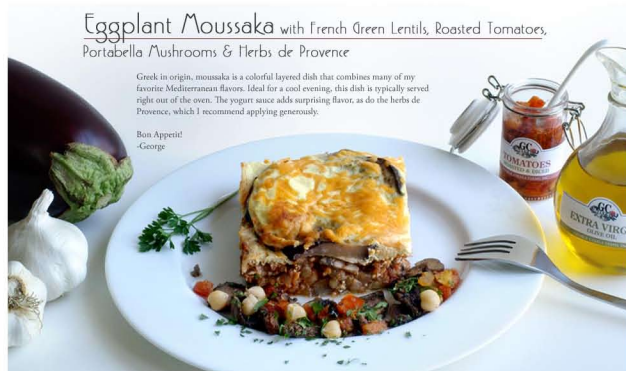
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Eggplant Moussaka with French Green Lentils, Roasted Tomatoes & Portabella Mushrooms

PREPARATION

Make Moussaka

- 1 - Sprinkle the eggplant slices with salt and place in a colander. Cover and place a weight on top. Let sit for at least 30 minutes to allow the bitter juices to be extracted.
- 2 - Meanwhile, place the lentils, stock, and bay leaf in a saucepan, cover, bring to a boil and simmer for about 20 minutes, until the lentils are just tender but not mushy. Drain thoroughly and keep warm.
- 3 - Heat 1 tablespoon of olive oil in a large saucepan, add the onion and cook, stirring, for 4 minutes. Add the garlic, and cook for an additional 1-minute. Stir in lentils, mushrooms, chickpeas, tomatoes, tomato paste, herbs de Provence and 3 tablespoons water. Bring to a boil, cover and simmer gently for 10 minutes, stirring occasionally.
- 4 - Preheat the oven to 350 degrees Fahrenheit. Rinse the eggplant slices, drain and pat dry. Heat olive oil in a frying pan and cook the slices in batches for 3-4 minutes, turning once so both sides are browned.
- 5 - Season the lentil mixture with salt and pepper. Arrange a layer of eggplant slices in the bottom of a large, shallow, ovenproof dish or roasting pan, then spoon a layer of the lentil mixture on top. Continue the layers until all the eggplant slices and lentil mixture are used up.
- 6 - Beat the yogurt, eggs, and salt and pepper together and pour the mixture over the vegetables. Sprinkle generously with the grated Cheddar cheese and bake for about 45 minutes, until the topping is golden brown and bubbling. Serve immediately, garnished with the flat-leaf parsley.



(photo by Marc-Henri)

INGREDIENTS

- 1 pound eggplant, sliced
- 4 ounces whole green lentils
- 2 1/2 cups vegetable stock
- 1 bay leaf
- GC Farms' extra virgin olive oil
- 1 large yellow onion, sliced
- 1 garlic clove, crushed
- 8 ounces portabella mushrooms, chopped
- 1 14-ounce can chickpeas, rinsed and drained
- 14-ounces GC Farms' roasted & diced tomatoes
- 2 tablespoons tomato paste
- 3 teaspoons dried herbs de Provence
- 1 1/4 cups plain yogurt
- 3 eggs
- 1/2 cup grated aged cheddar cheese
- Salt and freshly ground pepper to taste
- Sprigs of fresh flat-leaf parsley (for garnish)

COOK'S NOTE:

Greek in origin, moussaka is a colorful layered dish that combines many of my favorite Mediterranean flavors. This dish is typically served right out of the oven. The yogurt sauce adds surprising flavor, as do the herbs de Provence.

Bon Apetit!
-George