

PALEO MOUSSAKA

(slightly adapted from [The Iron You](#))

for the eggplant layers:

2 medium eggplants, peeled and sliced into 1/2-inch thick rounds
olive oil
lemon juice
sea salt
ground black pepper

for the meat sauce:

1 lb ground beef (or ground lamb, more authentic)
1 tablespoon olive oil
1 medium shallot, finely chopped
1 garlic clove, minced
1 can 28 oz diced tomatoes
1 tablespoon tomato paste
2 handfuls fresh parsley, chopped
2 teaspoons dried oregano
1/2 teaspoon ground cinnamon
1 tablespoon red vinegar
1/4 teaspoon fine grain sea salt
A pinch of ground black pepper

for the Paleo bechamel sauce:

3/4 cup (I used half milk, half almond milk)
2 cups (7 oz) cauliflower florets (best to weigh it)
dash of nutmeg
1 teaspoon fine grain sea salt
A pinch of ground black pepper
3 eggs

Heat oven to 400°F.

Whisk a little olive oil with lemon juice. On a baking sheet brush eggplant slices with the oil/lemon mixture and season generously with salt and pepper. Spread in a single layer and roast in the oven until soft and golden about 25 to 30 minutes. While the eggplant is roasting make the meat sauce.

In a large saucepan, heat one tablespoon of olive oil over medium-high heat, add shallots and garlic and saute for 2 to 3 minutes until translucent. Add meat and cook, stirring to prevent sticking, until meat is browned, 5 to 7 minutes. Stir in diced tomatoes, tomato paste, parsley, oregano, cinnamon, vinegar, salt and pepper and simmer for 15 to 20 minutes. Turn off the heat and set aside.

In the meantime make the paleo bechamel sauce. In a saucepan add cauliflower florets, milk, salt and pepper. Bring to a boil, reduce to a simmer, cover with a lid

and cook for 15 minutes. Add a pinch of nutmeg. Remove from the heat and with an immersion blender, blend until smooth, or use a food processor. Whisk the eggs in a medium bowl, add a little of the warm sauce to temper them, then slowly add them to the sauce.

To assemble the moussaka, lightly grease baking dish large appropriate to make two layers of eggplant slices. I used a round, 10-inch diameter baking dish. Arrange eggplant slices to form a uniform layer. Cover the eggplant evenly with half of the meat mixture. Repeat to make a second layer. Carefully spoon the cauliflower bechamel sauce over the meat mixture and spread evenly to the edges. Try not to disturb the meat mixture too much.

Bake uncovered for about 25 minutes, until the top is nicely puffed and browned. Let rest 10 minutes, and serve warm.