

## **Lenten Moussaka**

Submitted by Evelyn Bilson

### **Ingredients:**

2 large eggplants	1 large package mushrooms
2 medium onions	1 ½ cup crushed tomatoes
¾ cup oil	1-2 cinnamon sticks
Oil for frying	1 ½ cups fine bread crumbs
Salt and pepper	

**\*\*Cream Sauce Ingredients & Directions Lists below...**

### **Directions:**

Clean and cut eggplants in ¼ inch slices. Plunge into salted water for 20 minutes to remove bitterness. Drain well and pat dry. Lightly fry in hot oil and set aside.

Finely chop mushrooms. Place in colander to drain. Finely chop onions and saute' in oil until limp. Add mushrooms, stir and boil on high heat until liquid is absorbed. Stir in tomato and add seasonings. Simmer until sauce blends.

Grease a 9x12 baking dish and sprinkle with 3 TBSP bread crumbs to avoid sticking. Divide eggplants in two equal parts. Fill bottom of baking dish with eggplants. Spread all the mushroom sauce on top and sprinkle generously with bread crumbs. Arrange remaining eggplants over sauce and cover with cream sauce. Place remaining breadcrumbs on top and bake in moderate oven (375 degrees) for about an hour or until top is brown and crusty. Let cool a little before serving.

### **"Cream" Sauce Ingredients:**

5 cups water	¾ cup instant potato flakes
½ cup oil	¾ cup all purpose flour
3 tsp salt	¾ nutmeg

Dash of white pepper (or black pepper)

Boil water and remove from heat. Stir in instant potato flakes until dissolved and set aside. Heat oil in medium saucepan and add flour. Stir constantly until flour turn a golden color (about 5 minutes). Lower heat and quickly stir in potato water. Stir constantly to avoid lumpiness and cook until mixture is smooth and thick. Season with salt and nutmeg. Spread over eggplants.

***"A saving medicine for the cure of your wounded soul is sincere repentance, done with humility and contrition of heart, with tears and sighs, with hate and aversion towards sin, and a firm decision to no longer sin...God's compassion is greater than your sins."*** ***Elder Joseph the Hesychast***