

Glossary

	English	Portuguese
	Eggplant	Beringela
	Ground Minced beef	Carne picada
	Vegetable oil	Oleo vegetal
	Onions	Cebolas
	Garlic cloves	Alhos
	Salt	Sal
	Thyme	Tomilho
	Oregano	Oregão
	Nutmeg	Noz-moscada
	Parsley	Salsa



Tomato

Tomate



White wine

Vinho branco



Egg whites

Claras de ovo



Bread crumbs

Pão ralado



Parmesan cheese

Queijo parmesão



Butter

Manteiga



Milk

Leite



Flour

Farinha



Egg yolks

Femas de ovo



Pepper

pimenta

Minced

Picado

Tablespoons (tbsp)	Colheres de sopa
Teaspoon (tsp)	Colheres de chá
Cup	Xícara
Rinse	Enxaguar
Pare	Aparar
Stir	Mexer
Seasonings	Temperos
Unbeaten	Não batido
Sprinkle	Polvilhe
Blend	Misturar

Recipe

Moussaka

Ingredients

1 eggplant
1kg ground beef
Vegetable oil
2 onions, chopped
2 cloves garlic, minced
1 teaspoon salt
½ teaspoon thyme
½ teaspoon oregano
½ teaspoon nutmeg
2 tablespoons chopped parsley
1 ¼ cups canned tomatoes
½ cup white wine
2 egg whites
½ cup bread crumbs
2 tablespoons grated Parmesan cheese

Sauce

3 tablespoons butter
3 tablespoons flour
1 ½ cups milk
2 egg yolks
½ teaspoon salt
¼ teaspoon pepper



Method

Melt butter.
Add flour slowly, stirring constantly.
Remove from heat.
Slowly stir in the milk.
Return to heat and stir until the sauce thickens.
Beat egg yolks well.
Gradually stir yolks, salt and pepper into the sauce.
Blend well.

Pare eggplant and cut into 1 or 2 cm slices.
Sprinkle with salt and set aside for 30 minutes.
Rinse and dry thoroughly.
Brown meat in vegetable oil with onions and garlic.
Drain off the fat. Add salt, seasonings, parsley, tomatoes and wine.
Cover and cook slowly for 30 minutes.
Mix in unbeaten egg whites and half of the crumbs.
Brown the eggplant slices in vegetable oil.
Sprinkle bottom of a baking dish with remaining crumbs.
Cover with the eggplant. Spoon meat mixture over the eggplant.
Pour Sauce over this mixture. Top with cheese and bake at 180°C for 45 minutes.