



Silk Road Cafe
Chester Beatty Library
Dublin Castle
Dublin 2
Ireland
Phone: 014070770
Email: info@silkroadcafe.ie

RECIPIE from Website

Vegetable Mousakka



INGREDIENTS

To serve 4

Vegetable

1 cup cooked mung dall beans
3 potatoes, peeled and sliced
1 ½ courgette, sliced
2 tbsp extra virgin olive oil

Tomato sauce

½ lb ripe tomatoes, roughly chopped
1 onion, finely chopped
2 tbs tomato puree
1 tbs extra virgin olive oil
3 cloves garlic, crushed
1 tsp fresh or dried oregano
½ tsp ground black pepper
Pinch of salt
¼ tsp cinnamon powder

White sauce

¼ cup butter
1/3 cup flour
2 cups milk
¼ tsp ground nutmeg
Salt and pepper
1 egg, lightly beaten



Silk Road Cafe
Chester Beatty Library
Dublin Castle
Dublin 2
Ireland
Phone: 014070770
Email: info@silkroadcafe.ie

RECIPIE from Website

METHOD

Fry the onion and garlic in olive oil until soft but not brown. Add the chopped tomatoes, tomato puree, oregano, pepper, cinnamon and salt. Turn the heat on low and allow the sauce to simmer for 10-15 minutes. Add the mung beans to the sauce.

Add oil to a pan and gently fry, separately, the courgette and potato until each vegetable is softened but not brown. Dry them on some kitchen paper.

For the white sauce you need to melt the butter in a saucepan, stir in the flour and cook gently for 2 min. Add all the milk and bring to the boil, stirring constantly. Allow sauce to bubble gently for 2 min. Remove from heat and stir in the nutmeg, salt, pepper and egg.

Now assemble the Mousakka. In a deep baking dish spread half of the tomato mung bean sauce over the bottom. Add the slices of courgette and potato. Spread the remaining half of the tomato and mung bean sauce on top.

Finish the mousakka off with adding the white sauce. Place in a pre-heated oven at 180 degrees and cook for 15-20 min until golden brown on top.