



Vol au Vents

AROUND THE WORLD



GREECE - Vol au Vent with Moussaka



Vol au Vents

AROUND THE WORLD

GREECE

Vol au Vent with Moussaka



RECIPE

Ingredients

Vol au Vent (de Boer Food R00100)

Moussaka Filling, see recipe

Amounts

1 each

6 oz (vol.)

Preparation Method:

- Place warm Vol au Vent shell in center of plate.
- Push down center of shell to increase depth.
- Fill shell with Moussaka Filling.
- Garnish as desired.
- Serve immediately.

RELATED RECIPE - Moussaka Filling

Ingredients

Olive Oil

Sweet Onions, chopped

Garlic, chopped

Lamb, ground

Tomatoes, diced

Kosher Salt

Cloves, whole

Cinnamon Stick

Allspice, ground

Amounts

1 oz (vol.)

8 oz (vol.)

1 Tbsp

2½ Lb (wt.)

3 cups (vol.)

1 tsp

6 each

½ each

1/8 tsp



Dinner Vol au Vent/Bouchée 4"
R00100 - 48 pcs/case

RELATED RECIPE - Moussaka Filling (cont.)

Ingredients

Bay Leaves

Black Pepper, ground

Red Wine

Tomato Paste

Bread Crumbs

Eggplant, sliced ¼"

Bechamel Sauce

Pecorino Sauce, grated

Amounts

3 each

1 tsp

4 oz (vol.)

2 oz (vol.)

1 cup (vol.)

2 Lb (wt.)

3 cups (vol.)

1 cup (vol.)

Preparation Method:

- Heat oil in sauce pan. Add onions and garlic. Sauté until translucent.
- Add the lamb. Continue to cook until lamb is lightly browned.
- Add diced tomatoes, spices and wine. Reduce by 1/3. Add the tomato paste and ½ cup of breadcrumbs. Continue to simmer over low heat until all the liquid has been absorbed.
- Remove mixture from heat. Pick out bay leaves and cinnamon stick.
- Sprinkle bottom of baking pan with remaining ½ cup of breadcrumbs.
- Layer eggplant slices on top of bread crumbs and spread the meat mixture on top.
- Top with another layer of eggplant. Pour the bechamel sauce evenly over the top to cover.
- Bake at 350° for 30 minutes. Sprinkle the cheese over the top.
- Continue to bake for an additional 20-30 minutes until golden brown.
- Hold hot until ready to use.