

# Carrboro Farmers' Market

## Blue Plate Special

Featuring Farm Fresh Recipes from 7 Local Chefs  
Who Regularly Shop at the Carrboro Farmers' Market!

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### Chef Ricky's Market Moussaka with Local Goat

From

**Ricky Moore**

Glasshalfull Restaurant – Carrboro

**Serve with salad and warm cinnamon biscuits with apple preserves**

Serves 8

INGREDIENTS:

3 eggplants\*, peeled and cut lengthwise into 1/2 inch thick slices  
salt  
1/4 cup olive oil  
1 tablespoon butter  
1 pound lean ground goat\* (you can use ground beef\* or lamb\* as substitutes)  
salt to taste  
ground black pepper to taste  
2 onions\*, chopped  
1 clove garlic\*, minced  
1/4 teaspoon ground cinnamon  
1/8 teaspoon ground allspice  
1/2 teaspoon dried oregano  
1 tablespoon fresh chopped mint  
2 tablespoons fresh chopped Italian flat leaf parsley\*  
1 (8 ounce) can of crushed tomato  
1/2 cup red wine\*  
4 cups milk  
1/2 cup butter  
6 tablespoons all-purpose flour  
pinch of ground nutmeg  
salt and pepper to taste  
2 eggs\*, beaten  
1 1/2 cups freshly grated Feta\* or Parmesan cheese

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**Carrboro Farmers' Market open Saturday mornings Year Round  
and Wednesday afternoons April - October**

**Southern Village Farmers' Market open Thursday afternoons May - August**

## DIRECTIONS:

1. Lay the slices of eggplant on paper towels, sprinkle lightly with salt, and set aside for 30 minutes to draw out the moisture. Then in a skillet over high heat, heat the olive oil. Quickly fry the eggplant until browned. Set aside on paper towels to drain.
2. In a large skillet over medium heat, melt the butter and add the ground goat, salt and pepper to taste, onions, and garlic. After the beef is browned, sprinkle in the cinnamon, allspice, oregano, mint and parsley. Pour in the crushed tomato and wine, and mix well. Simmer for 20 minutes.
3. To make the béchamel sauce, begin by scalding the milk in a saucepan. Melt the butter in a large skillet over medium heat. Whisk in flour until smooth. Lower heat; gradually pour in the hot milk, whisking constantly until it thickens. Season with nutmeg, salt, and pepper. Let mixture cool slightly and stir in eggs.
4. Arrange a layer of eggplant in a greased 9x13 inch baking dish. Cover eggplant with all of the meat mixture, and then sprinkle 1/2 cup of Parmesan cheese over the meat. Cover with remaining eggplant, and sprinkle another 1/2 cup of cheese on top. Pour the béchamel sauce over the top. Sprinkle with the remaining cheese.
5. Bake for 1 hour at 350 degrees F (175 degrees C).

## Kitchen Notes:

- a. Béchamel, also known as **white sauce**, is one of the mother sauces of French cuisine. It is used as the base for other sauces (such as Mornay sauce, which is Béchamel with cheese).
- b. This dish can be served room temperature.
- c. If prepared a day in advance the flavors will be more pronounced.

*\* Seasonal ingredients available at the Carrboro Farmers' Market*

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