

SUP!



SNACKING AROUND THE WORLD



Falafel



INGREDIENTS



- 1 pound of dry chickpeas (garbanzo beans)
- 4 cloves of garlic
- 1 small onion roughly chopped
- 1/4 cup fresh parsley
- 1 1/2 tablespoon flour (chickpea flour if you have it)
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper (0.46 g)
- 1 pinch of ground cardamom
- Vegetable oil for frying
- Salt & black pepper

STEPS

Step 1 Soak chickpeas in water the night before making . Be sure water covers all chickpeas with at least 2-3 inches of water. This will make them expand and soften so they are ready to use. In the morning, drain, rinse, and dry chickpeas before starting the falafels.

Step 2 Add chickpeas and all of the other ingredients into a food processor or blender. Pulse the mixture until it is a chunky paste like consistency (not so much or it will make hummus!)

Falafel Cont.

STEPS

Step 3 Move mixture to a bowl, cover with plastic wrap and chill for 1-2 hours.

Step 4 Heat about 1 1/2" of vegetable oil in a frying pan to 360-375 degrees F.

Step 5 While you are waiting for oil to heat up, make the falafel balls! Use about 2 tablespoons of mixture per ball. (If you have trouble making balls stick together, mix again in the food processor and maybe add an egg.)

Step 6 Fry 5-6 balls at a time until they are golden brown. Remove with a slotted spoon and place on a plate with a paper towel, then serve!

