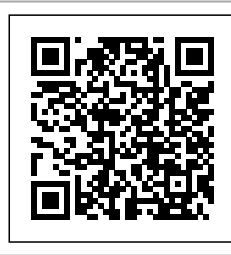


# Falafel



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Recipe by: Laura Vitale

*Makes a couple dozen*

**Prep Time: 20 minutes**

**Cook Time: 10 minutes**

## Ingredients

### For the Falafel:

- 1 cup of Dried Chickpeas, soaked for 24 hours (this will yield 3 cups after they have soaked)
- 1 Small Red Onion, roughly chopped
- 3 Cloves of Garlic, minced
- 1 cup of Fresh Parsley
- 1 cup of Fresh Cilantro
- 1-1/2 tsp of Cumin Seeds
- 1-1/2 tsp of Coriander Seeds
- 1/4 tsp (or to taste) or Cayenne Pepper
- 1 Tbsp of Lemon Juice
- 2 Tbsp of All Purpose Flour
- 1/2 tsp of Baking Soda
- Salt, to taste
- Vegetable Oil for Frying

### For the tahini sauce:

- 1/2 cup of Tahini
- 1 Tbsp of Lemon Juice
- Pinch of Salt
- About 1/2 cup of Water

1) Drain the soaked chickpeas and rinse them, you should have about 3 cups now.

2) Working in two batches, add half of the chickpeas, parsley, garlic, onion and cilantro to a food processor and blend until you are left with a paste that's not completely smooth but holds together when pinched, place the mixture in a bowl and repeat the process with the other half of the ingredients.

3) In a small dry skillet, add the cumin seeds and coriander seeds and toast until fragrant, then place them in a mortar and pestle and grind them until almost smooth, place in the bowl with the ground chickpea mixture along with the lemon juice, flour, baking soda and salt, mix until well combined, cover with plastic wrap and pop it in the fridge for about an hour.

4) Fill a heavy bottomed pot with some vegetable oil and allow it to come to 375 degrees.

5) Grab a bit of mixture and make golf ball size falafel, fry them until deeply golden brown and crispy, this will only take about a minute so don't walk away.

6) Drain on a paper towel lined plate and continue with the rest.

For the sauce:

7) In a bowl, whisk together the tahini, lemon juice and salt. The tahini will start to seize and get thick and dry, this is normal so start adding the water a little at a time and it will loosen back up to create a thick pale gray sauce.

To serve, either serve the falafel on a salad drizzled with the lemony tahini, or piled in a pita with lettuce, tomatoes and onions.

NOTES: If you'd like to bake the falafel, form thick 2 inch round patties, place them on an oiled nonstick baking sheet and bake at 400 degrees for 15 minutes, drizzle the tops with some olive oil, flip and bake for another 15 minutes.

