

## **FALAFEL**

*(slightly adapted from Sawsan's Chef in Disguise)*

This recipe makes 35 falafel patties

500 g soaked chickpeas (measured after soaking)  
125 g soaked peeled fava beans (measured after soaking)  
½ cup parsley leaves (remove stems)  
½ cup cilantro leaves (remove stems)  
1 medium shallot  
¾ teaspoons salt  
¾ teaspoons ground cumin  
¾ teaspoons ground coriander  
½ teaspoon all spice  
½ teaspoon black pepper

to add 10 minutes before cooking

¼ teaspoon baking powder  
¼ teaspoon baking soda

for the tahini sauce:

2 Tablespoons of yogurt  
1 tablespoon Tahini  
1 teaspoon lemon juice  
a dash of salt

Prepare the Falafel Mix: Soak the fava beans and the chickpeas in water in separate containers overnight. The following day drain the fava beans and the chickpeas, rinse them with fresh water. You should weigh them after soaking, and place the required amount in the bowl of a food processor. Process the grains together until smooth, remove from the processor and add the shallot, parsley, cilantro, salt, peppers, and spices to the empty processor. Process until a paste forms, add the grains back and process everything together until very smooth. Scrape the sides of the bowl a couple of times so that you'll end up without large chunks of grains. You can freeze the mixture at this point or place it in the fridge for a few days.

Ten minutes before frying, sprinkle baking soda and baking powder on the falafel mix, knead and let rest.

When ready heat 1 inch deep of cooking oil in the frying pan on medium heat. Scoop the falafel by using a specialized Falafel scoop, an ice cream scoop, or by using 2 spoons whereby you scoop the falafel paste in one, and press the other spoon against it to compact it into an oval shape. You can also use your hands to roll the falafel into balls. Drop the falafel gently into the frying pan. no more than 4-5 because if you add too many the oil will cool down and the falafel will fall apart Fry for a few minutes until the falafel turns brownish, flipping it once to brown both sides. Take the falafel out and place it on a paper towel to get rid of excess oil.

Make the sauce: mix the Tahini sauce ingredients in a small bowl until you get the right texture, you can add a bit more water or lemon juice if necessary. Taste and adjust seasoning. Serve as a dip or spoon some over the falafel on your plate.