

## **FALAFEL**

*(adapted from Elaine's foodbod)*

250g dried chickpeas, placed in a large bowl of water and soaked overnight

1 medium shallot, peeled and roughly chopped

1 bunch flat leaf parsley

1 tsp ground coriander

1 tsp ground cumin

1/4 cayenne pepper (optional)

Juice of 1 lemon

Salt to taste

chickpea flour, about 1/4 cup (depending on moisture of your mixture)

1/2 teaspoon baking powder

Wash and drain the chickpeas.

Put everything except the flour in a food processor and chop to a chunky crumb, then put it all into a large bowl. Add the baking powder and enough flour to bring the mixture together in your hands, then create small balls of the mix and flatten them slightly to make the falafel shape.

Put your ebelskiver pan over a low/medium heat and place a small amount of oil in each dip and allow it to heat up briefly. Place a falafel in each dip and cook until done, moving the pan around to make sure it heats evenly. Turn the falafels gently with a fork when the underside is golden brown, to brown the other side. Remove them to a low oven while you prepare the rest of the meal, or serve right away.