

FANTASTICALLY FLAVORSOME FALAFEL

Recipe: Julie Ann Sageer, Lebanese Cuisine

serves: 6 ♦ prep time: 2 days (soak) + 15 min ♦ total time: 2 days + 45 min

A mouthwatering vegetarian combination of chickpeas and fava beans mixed with finely chopped garlic and onion along with a blend of zestful spices that are formed into small oval patties then lightly fried golden brown, crispy on the outside, moist on the inside. Authentically served, rolled and wrapped into a warm pita, accompanied with an assortment of fresh vegetables including, parsley, mint, tomatoes, cucumbers, radishes, scallions pickled turnips all finished off with a tasty Tahini sauce.



- 1 cup dried chickpeas, (soaked 2 1/2 cups) very finely ground
- 1/2 cup dried fava beans, (soaked 1 cup) very finely ground
- 4 garlic cloves, very finely crushed
- 1 small yellow onion (1/2 cup), very finely chopped
- 1 1/2 tsp. sea salt
- 1 tsp. ground pepper
- 1 pinch baking soda
- 1 1/2 tsp. coriander
- 1 1/2 tsp. cumin
- 1/4 tsp. cayenne pepper
- 1/4 tsp. crushed red pepper
- 1 1/2 tsp. sweet paprika
- 4 cups vegetable oil

preparation:

- 1** First pre-soak dried beans for 2 days. Place beans in medium sized bowl in cold water to soak, 1st day on counter top, 2nd day in fridge. After 2nd day drain all water completely, place back in fridge covered.
- 2** In a food processor, finely crush 4 garlic cloves and by hand finely chop 1 small yellow onion, then add to food processor and finely blend garlic and onion together. Then transfer to small bowl, set aside. Now, finely grind soaked chickpeas and fava beans together, grinding thoroughly until a small like grain consistency is achieved (no chunks or lumps or paste like).
- 3** Now, add back in blended garlic, onion and all spices. 1 1/2 tsp. sea salt, 1 tsp. ground pepper, 1 1/2 tsp. coriander, 1 1/2 tsp. cumin, 1/4 tsp. cayenne pepper, 1/4 tsp. crushed red pepper and 1 1/2 tsp. sweet paprika. Mix by pulsing food processor (be cautious not to over mix). Transfer Falafel mixture to medium size mixing bowl, add 1 pinch baking soda mix throughout with spoon, set aside.
- 4** Next, in a large frying pan, pour 4 cups vegetable oil over high heat, bring to a high frying temperature of 350* degrees. Form small oval like flat patties with spoon, smoothing and scraping off extra mixture on top of spoon with spatula, drop into frying pan (entire pattie should be submerged in oil), fry lightly golden brown. Remove from oil, set atop paper towels to drain excess oil.
- 5** When ready to enjoy: Serve freshly fried in wrapped and rolled warm pita bread with freshly chopped parsley, mint, tomatoes, Persian cucumbers, radishes, scallions and pickled turnips, finish it off with a tasty Tahini sauce.

tip time:

- 1** By adding a pinch of baking soda right before frying allows mixture rise.
- 2** It is ideal to have patties thin and flat, not thick and round, so they are able to cook evenly.
- 3** For 8 to 12 servings double the recipe.