



FALAFEL

Ingredients

2 cups dried chickpeas (Do not use canned or cooked chickpeas) or 4 cups of soaked.

½ tsp baking soda

½ cup coriander leaves, stems removed

1 cup fresh parsley leaves, stems removed

1 cup fresh mint leaves, big stems removed

1 small onion, quartered

7-8 garlic cloves, peeled

Salt to taste

1 tbsp ground black pepper

1 tbsp [ground cumin](#)

1 tbsp [ground coriander](#)

½ tsp cayenne pepper, optional

1 tsp baking powder

2 tbsp toasted sesame seeds

Sunflower Oil for frying

Method: One day in advance Place the dried chickpeas and baking soda in a large bowl filled with water to cover the chickpeas by at least 5cm. Soak overnight (longer if the chickpeas are still too hard). When ready, drain the chickpeas completely and pat them dry.

1. Add the chickpeas, herbs, onions, garlic and spices to the large bowl of a food processor fitted with a blade. Run the food processor 40 seconds at a time until all is well combined forming the falafel mixture.
2. Rest in fridge before frying, add the baking powder and sesame seeds to the falafel mixture and stir with a spoon.
3. Scoop tablespoonfuls of the falafel mixture and form into patties (½ inch in thickness each). It helps to have wet hands as you form the patties so have a bowl with water set up.
4. Fill a medium saucepan 6cms with oil. Heat the oil on medium-high until it bubbles softly. Carefully drop the falafel patties in the oil, let them fry for about 3 to 5 minutes or so until crispy and medium brown on the outside. Avoid crowding the falafel in the saucepan, fry them in batches if necessary
5. Place the fried falafel patties on a plate lined with paper towels to drain.

Prepare a yoghurt sauce;

2 cups Greek yoghurt and juice of half a lemon.

½ cucumber, grated and squeezed, MIX TOGETHER AND SERVE