

Falafel

From the Lovely Kitchen of Amy Joyce -- These are so delicious!



Time to Prepare: 12 hours



Cook Time: 40 minutes



Serving: 6 People (30-34 falafel balls)

Ingredients

1 lb dry chickpeas -- you must use dry!

1 small onion, roughly chopped

¼ cup chopped fresh parsley

3-5 garlic cloves

1 ½ Tbsp flour or chickpea flour

1 ¾ tsp salt

2 tsp cumin

1 tsp ground coriander

¼ tsp black pepper

¼ tsp cayenne pepper

Pinch of ground cardamom

Vegetable oil for frying

Cooking Method

1. Pour the chickpeas into a large bowl and cover them by about 3 inches of cold water. Let them soak overnight. They will double in size.
2. Drain and rinse the garbanzo beans well. Pour them into a food processor along with the chopped onion, garlic cloves, parsley, flour or chickpea flour, salt, cumin, ground coriander, black pepper, cayenne pepper, and cardamom.
3. Pulse all ingredients together until a rough, coarse meal forms. Process until the mixture is somewhere between the texture of couscous and a paste. Don't overprocess.
4. Pour mixture into a bowl and use a fork to stir. Remove any large chickpea chunks. Cover the bowl with plastic wrap and refrigerate for 1-2 hours.
6. Fill skillet with vegetable oil to a depth of 1½ inches. Heat oil slowly over medium heat. The ideal temperature for frying is 360-375 degrees.
7. Meanwhile, form falafel mixture into round balls or slider-shaped patties using wet hands or falafel scoop. Use approx. 2 Tbsp per falafel.
8. Fry falafel in batches of 5-6 at a time until golden brown on both sides. Remove and drain on paper towels.
9. Serve while fresh/hot with pita, hummus, tahini sauce, cucumbers, roasted eggplant, etc.