

Falafel



INGREDIENTS:

- 2 cups [dried chickpeas](#) (Do NOT use canned or cooked chickpeas)
- 1/2 tsp baking soda
- 1 cup fresh parsley leaves, stems removed
- 3/4 cup fresh cilantro leaves, stems removed
- 1/2 cup fresh dill, 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](#)
- 1 tsp cayenne pepper, optional
- 1 tsp baking powder
- 2 tbsp toasted sesame seeds
- Oil for frying

Fixings for falafel sandwich (optional)

- Pita pockets
- English cucumbers, chopped or diced
- Tomatoes, chopped or diced
- Baby Arugula
- Pickles

INSTRUCTIONS:

1. (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 2 inches. Soak overnight for 18 hours (longer if the chickpeas are still too hard). When ready, drain the chickpeas completely and pat them dry.
2. 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.

3. Place in freezer for 15 minutes Or. transfer the falafel mixture to a container and cover tightly. Refrigerate for at least 1 hour or (up to one whole night) until ready to cook.
 4. **Just before frying**, add the baking powder and sesame seeds to the falafel mixture and stir with a spoon.
 5. Scoop tablespoonfuls of the falafel mixture and form into rounds (1/2 inch in thickness each). It helps to have wet hands as you form the patties.
 6. Fill a medium saucepan 3 inches up with oil. Heat the oil on medium-high until it bubbles, and the temperature reaches 375° softly. Carefully drop the falafel 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.
 7. Place the fried falafel in a colander or plate lined with paper towels to drain. Serve falafel hot next to other small plates; or assemble the falafel in pita bread with tahini or hummus, arugula, tomato and cucumbers. Enjoy!
- **Baked Falafel Option:** If you prefer, you can bake the falafel patties in a 350-degree F heated oven for about 15-20 minutes, turning them over midway through. Use a lightly oiled sheet pan, and you might like to give the patties a quick brush of extra virgin olive oil before baking.

TAHINI SAUCE:

- 1-2 garlic cloves
- ½ tsp table salt
- ¾ c tahini paste
- ½ c freshly squeezed lime juice (or lemon)
- ¼ c cold water, more if needed
- 1 c fresh chopped parsley leaves, stems removed (they are bitter)

Crush the garlic and salt with a mortar and pestle. Add the garlic paste and tahini and juice to the bowl of a small food processor or blender. Add a bit of water and blend again until it is the consistency of salad dressing. Stir in chopped parsley.