

Falafel

Bialik College Kitchen Garden Program



Ingredients:

- 400g chickpeas, soaked overnight
- ½ onion, chopped
- 1 ½ cups parsley, finely chopped
- 1 cup coriander, finely chopped
- ½ cup mint leaves, finely chopped
- 1 tablespoon salt
- pepper, to taste
- 1 teaspoon baking powder
- 2 teaspoons ground coriander
- 3 tablespoons cumin seeds
- rice bran oil for frying

Equipment:

- mixing bowl
- chopping board
- Cook's knife
- Metric measuring cups/spoons
- Food processor
- Spatula
- saucepan

Method:

1. Drain chickpeas, rinse thoroughly and drain again.
2. In a large bowl mix all ingredients, except the oil.
3. In batches, place mixture into the bowl of the food processor and blend until roughly chopped and the mixture is coming together.
4. Continue until all the mixture has been processed.
5. Form mixture into golf size balls, squeezing gently to flatten. (If mixture is too wet, add ½ cup plain flour).
6. Either shallow fry or deep fry until crisp and golden (about 3 minutes).
7. Drain on paper towel and serve hot.