

The Best Falafel Recipe

Servings: 5-10

Prep Time: 1hr Inactive Time: 1hr Cook Time: 4 Min per batch

Ingredients

2c chickpeas dry, soaked 24-36 hours then rinsed and drained

1c parsley heaping

1c cilantro heaping

4/6 basil leaves

Mint leaves from 2-4 mint stems

2-3 cloves garlic

1 small shallot

6 scallions (white and light green parts only)

1/2 tsp dried mint, cumin, coriander, dried fennel

Pinch cardamom

For Frying: 2-3 Cups neutral oil such as canola, soybean, peanut, avocado, or grapeseed

For Serving: Tahini Sauce (see below for recipe), Vegetable garnishes: cucumber, tomato, torshi, pita bread

Method

Step 1: Soak beans in water and 1tsp kosher salt overnight and up to 36 hours. (pref 36 hours)

Step 2: In a processor pulse chickpeas to medium meal. Put in large mixing bowl. Pulse parsley and cilantro and add to the mixing bowl. Pulse garlic shallot mint and basil and add to the mixing bowl.

Step 3: Add all the dry spices and s&p to taste to the mixing bowl and mix to combine everything.

Step 4: Return mixture to food processor and pulse just until when you press the mixture in your hands it comes together to form a shape.

Step 5: Form falafel into 1.5" rounds (golf ball sized) on parchment lined tray. Cover loosely with plastic and refrigerate at least 1 hour.

Step 6: Uncover and lightly sprinkle/dust with flour (chickpea, ap or coco flour)

Step 7: In a cast iron or frying pan add 2-3c neutral oil like canola, avocado, peanut or grapeseed oil. Once heated to 350F fry in batches. Flip once deep golden. About 2 min/side. Remove and drain on paper towels. Sprinkle with sesame seeds and coarse sea salt.

Serve with Tahini sauce and sides such as Pita bread, cucumbers, sliced tomatoes and pickled Torshi.

Enjoy!

Tahini Sauce

½ C Tahini

2-3 cloves garlic, grated and mashed into a paste

2-3 tbs water

½ lemon, juiced

Pinch cumin, pinch coriander

1 tbs plain yogurt

Step 1: Combine all ingredients together adding the water 1 tbs at a time until desired consistency is reached. Garnish with scallions or parsley. Serve with falafel.