

Falafel

Ingredients:

- ☐ 200g dried chickpeas
- ☐ ½ tsp bicarbonate of soda
- ☐ 1 white onion
- ☐ 4 garlic cloves
- ☐ 1 tbsp ground cumin
- ☐ 1tbsp ground coriander
- ☐ 1 tsp baking powder
- ☐ 2 tbsp toasted sesame seeds
- ☐ 30g Parsley
- ☐ 30g Coriander
- ☐ 15g Dill
- ☐ 1 tsp of salt
- ☐ Ground black pepper
- ☐ Oil for frying

Instructions:

- 1** 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** Blend the onion and garlic in a food processor to a fine paste. Squeeze in a piece of muslin to remove any excess moisture.
- 3** Blitz the chickpeas, spices, fresh herbs and seasoning to a coarse mix, then pulse with the onion mix until everything is combined.
- 4** Refrigerate the mixture for at least one hour (When chilled, it will be easier to shape the mixture into patties). Just before frying, mix in the sesame seeds and baking powder.
- 5** Use your hands to shape the falafel mixture into about 20 even-sized balls.
- 6** Fry the falafel. To deep fry, fill a heavy-based pan with oil to a depth of about 8cm. Heat the oil to 180 degrees. Fry the falafel until they float to the surface and are golden brown all over, about 5 minutes.

Falafel continued

Alternatively, you can shallow fry or cook in the air fryer. If air-frying, lightly brush the falafel disks with olive oil, and then add them to the air fryer basket, being careful not to crowd them (the patties need some room so they crisp up well). Cook the falafel in 5-minute increments until crispy and golden brown.

Hints and tips:

Ideally, you need to start with dry chickpeas and you will need to begin soaking the chickpeas overnight, allow up to 24 hours. This recipe is a labour of love. Using tinned chickpeas makes the mixture too wet and will fall apart when frying, however, cooking in the air fryer or oven works better if you want to save time by using tinned.

To make ahead and freeze, prepare the falafel mixture and divide into patties. Place the patties on a baking sheet lined with parchment paper and freeze. When they harden, you can transfer the falafel patties into a freezer bag. They will keep well in the freezer for a month or so. You can fry or bake them from frozen.

Serve your falafel with anything from warm pita, tzatziki, tahini sauce, pickles, fresh salad or halloumi.

