

Falafel

Ingredients

2 cups dry chickpeas soaked for more than 12 hours (or sprouted)
1 small onion, roughly chopped
¼ cup chopped fresh parsley
3-5 cloves garlic (I prefer roasted or boiled)
1½ tbsp besan flour
1¾ tsp salt
3 tsp cumin
1 tsp ground coriander
¼ tsp black pepper
¼ tsp cayenne pepper
Generous Pinch of ground cardamom
1 tbsp lemon juice
Vegetable oil for frying

Method

1. Dry fry the spices for a minute or two or until the flavours are released.
2. Rinse the beans well and place them in a food processor with the onion, garlic, parsley, flour, salt, cumin, coriander, pepper, cayenne and cardamom. (You may need to do this in 2 batches).
3. Pulse all of these ingredients until a coarse meal forms. You don't want it to go pasty but you want it fine enough to stick together.
4. Once you have the right consistency, place in a bowl and fork through, removing any large chunks of chickpeas.
5. Cover the bowl and place in the fridge for 1 to 2 hours.
6. Form the felafel balls into whatever size and shape you like. About 1½ tbsp works well. If the balls aren't sticking together place them back in the food processor and process again to make it more paste like.
7. Fill a wok with oil to 3 to 4 cm. If they are still not holding add more flour, up to 3 tbsp. Then if they are still not sticking add a chia egg but it has never come to this for me.
8. Do a test fry with one felafel. The felafels should take 2 to 3 minutes to cook on each side. Place 4 to 6 in at a time.



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