

Falafel

Serve falafel with Tahini Sauce or Eggplant Dip (see recipes under “Spreads and Butters”) and Eastern Salad (under “Salad Bar”)

Ingredients:

1 cup dried chick peas/ garbanzo beans – rinsed and pre-soaked overnight (do not use cooked or canned chick peas)
1 small onion
1 tsp coriander
1 tsp cumin
½ tsp cayenne pepper
1 tsp turmeric
½ salt
½ cup fresh cilantro or parsley leaves
3-4 tbsp olive oil
½ cup of water
juice of 1 lemon
2 cloves minced garlic – optional*
1 tbsp white miso – optional*

1) Preheat oven to 390 degrees Fahrenheit/200 degrees Celsius. Mix all the ingredients in a food processor until the desired consistency is reached.

2) Take 2 tablespoons of the mixture, shape it into patties and place on a pre-oiled baking tray. Bake in the oven for 20 min. You should have 16 falafels.

Alternatively pour the mixture into an oiled oven-proof, shallow, medium dish and bake it as a cake for 30min. Once baked, it can be cut into slices.

Do not use cooked or canned chickpeas as the texture will be too dry. However if you do so, add 1tsp baking powder to the mixture.

Falafels go very well with Tahini Sauce or Eggplant Dip.

* Garlic – if you want to take these falafels to work for lunch and would prefer to have odorless breath then omit the garlic.

* White Miso – this ingredient will make the texture sweeter and creamier. White miso is made from fermented soya beans and rice with sweet taste.

Raw Falafels

For raw falafels, sprout the garbanzo beans for 24h and follow the recipe above. INSTEAD OF BAKING, place the falafels in the dehydrator for 8-10h, turning them once.