



Julia's Cuisine

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Appetizers, Dips and Drinks

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Falafel

Makes 14 - 16
Prep time: 20 minutes
Cook time: 2-3 minutes (per batch)
Chill time: 1 hour

Ingredients

2 Cups/330 grams chickpeas, cooked
1/2 Large onion, roughly chopped
4 Garlic cloves, crushed
Small bunch fresh chopped parsley
Small bunch fresh chopped cilantro
1 1/2 Teaspoons harissa seasoning (not paste, dry seasoning)
1 Teaspoon cumin
1 Teaspoon salt
5 Tablespoons chickpea flour
1 Teaspoon baking powder
Vegetable oil for frying

Method

In a food processor, add the chickpeas, onion, parsley, cilantro, salt, pepper, garlic, cumin and harissa seasoning. Pulse until it's coarse. Add the baking powder and chickpea flour. Pulse for a further few seconds until it just comes together.

Place in a large bowl, cover and refrigerate for about an hour.

Heat about 3 inches of vegetable oil in a deep sided skillet. Form small balls and fry in batches. Use a slotted spoon to turn them over. Cook for 2-3 minutes, or until golden brown. Remove from heat and drain on paper towels. Repeat for all falafel.

Suggested serving with pita bread, cucumber & tomato salad and cucumber raita or plain yoghurt. Best served immediately.