

Falafel

Ingredients:

- 1 ¼ cups dried chickpeas or 2 1/2 cups soaked chickpeas
- 1/2 (80 grams) onion, finely chopped
- 1 clove garlic crushed or grated
- 1 Tablespoon finely chopped parsley
- 2 Tablespoons finely chopped cilantro
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cardamom
- 1/2 teaspoon baking powder
- 3 Tablespoons water
- 1 1/2 Tablespoons flour
- 3/4 teaspoon salt
- 1/2 teaspoon sesame seeds

Directions:

1. Soak dry chickpeas for 24 hours, adding water if needed to keep beans submerged
2. Drain beans well.
3. Combine the drained chickpeas with the onion, garlic, parsley and cilantro. Put the mixture in a food processor. In batches blitz the mixture, pulsing each for 30 to 40 seconds, until it is finely chopped, but not mushy or pasty. You just want it to hold together.
4. Once you have processed the entire mixture, put it into a bowl and add the spices, baking powder, 3/4 teaspoon salt, flour and water. Mix well by hand until smooth and uniform. Cover the mixture and leave it in the fridge for at least 30 minutes.

5. Put oil into a deep heavy bottomed medium sauce pan with enough oil to come 3 inches up the sides of the pan. Heat the oil to 350 F.
6. With wet hands, press 1 ounce of the mixture into your hands and form into a patty or ball.
7. Sprinkle the balls evenly with sesame seeds and deep fry them in batches for 4 minutes, until well browned and cooked though. It is important they really dry out on the inside so make sure they have enough time in the oil. Drain in a colander lined with paper towels and serve at once.