

Falafel Recipe

Ingredients and Preperation

Overnight, soak **150g of brown chick peas**.

- *These are smaller than the most common chick peas but any chick peas will do. In fact, falafel can be made with other beans too if you want to experiment.*
- *Soaked chick peas seem to produce falafel with a better texture than canned.*

This will produce approximately 360g re-hydrated chick peas, once they are drained. Circa 500ml if measuring by volume rather than weight...

Cook the chick peas for 15 mins at high pressure in a pressure cooker (15lb / 122 degrees C). Allow the pressure cooker to cool of its own accord.

- Alternatively, boil in a regular saucepan for approximately one hour.
- *If you are patient you can use un-cooked chick peas - keep them moist and leave them to sprout for approximately a week.*
- For 360g /500ml chick peas, add **half an onion, approximately 75g**, finely chopped.
- Add **2 tsp ground cumin powder** (jeera).Circa 10ml.
- Add **1 tsp ground coriander seed** (dhania).Circa 5ml.
- *Add garlic to taste, if you wish.*

Making the Falafel Balls

The quantities given should almost fill a 1.5 litre liquidizer /blender.

- *If using a stick-blender this may be two or three batches.*
- *If you do not have a blender, a potato masher will do, assuming you do not mind hard labour.*

Add all of the ingredients to the blender and **blend the mixture** thoroughly.

Spoon the mixture in to a bowl and ensure that it is thoroughly pureed and that all the ingredients are well mixed.

Watch-out: Any large pieces of chick pea or onion can cause the balls to fall apart during cooking.

Form the mixture into approximately **14x balls**, circa **4cm diameter**.

Cooking

- If you have a thermostatic deep fat fryer, you can fry the falafel, probably for less than five minutes.
- Deep fat frying in a regular saucepan is also possible, but regulating the frying temperature is a delicate art. Do ensure that you have a fire-blanket to hand in case of mishaps.
- If the above warning terrifies you, you can bake the falafel, preferably on a greased non-stick baking tray, in a hot oven: **220 degrees C** for circa **30 mins**.