

Orange Blossom Water

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Falafel

From: Family Recipe / Servings: 5 - 6 People

250 g dried chickpeas

My version today is a mixture:

250 g peeled dried fava beans

Soak dried chickpeas and peeled dried fava beans in water overnight, then next day drain water then grind chickpeas with fava beans finely (use meat grinder, use the fine holed plate that comes with the grinder), add (finely chopped onion , crushed garlic, finely chopped fresh coriander, falafel spices, cumin, cinnamon, salt, pepper, baking soda), then add water. you should add water until you feel that you can shape the falafel, and mix well.

Or if only chickpeas so 500 g dried chickpeas

Or if only fava beans so 500 g peeled dried fava beans

1 small red onion, finely chopped

3 – 4 garlic cloves, crushed

In the picture the tool we use for falafel.

1/2 fresh coriander bunch, finely chopped

Use the tool to shape falafel.

3 – 4 tbsp falafel spices

Add sesame seeds.

1 tsp cumin

You can make falafel with hole or without.

1 tsp cinnamon

Fry.

Salt

Enjoy with tahini sauce (made from tahini, yogurt, lemon juice and salt), tomato, parsley, mint, pickles, and serve with pita bread, or Arabic bread and of course sandwich is the best way to eat falafel.

Pepper

1/4 tsp baking soda

Water

Sesame seeds - optional

Frying

Corn oil

To Serve

Tahini Sauce

Tomato

Flat parsley

Mint

Pickles

Pita bread or Arabic bread

Notes and Tips

If you want to fry falafel immediately, so you can add the baking soda.

If you want to prepare falafel mixture in the morning for example, and fry it in the afternoon, so add everything to mixture of chickpeas and fava beans except baking soda, then in the afternoon at frying time, you can add the baking soda to the prepared mix.

If you want to prepare falafel and freeze it, so freeze only the ground mixture of chickpeas and fava beans, but never add the ingredients and freeze, that's wrong. When you decide to eat falafel, take your frozen mixture, let defrost then add the ingredients (don't forget baking soda tip).