

Happy Monday!

I love falafel but alas my deep-frying days are over... so here's how to make falafel without deep-frying. You gotta have them with tahini dressing so I am sending that recipe too, in a separate email.

If you need the gluten-free pita recipe, let me know and I'll resend.

Sheila

Baked Falafel for 2-3 people

Note: chickpeas need to be soaked overnight and the dough refrigerated for at least an hour, so plan ahead!

Ingredients

1/2 lb (1.25 cups) **dry** chickpeas/garbanzo beans - **you must start with dry, do NOT substitute canned, they will not work!**

1/2 small onion, roughly chopped

1/8 cup chopped fresh parsley

2 cloves garlic (I prefer roasted garlic cloves)

2.5 tbsp flour or chickpea flour

3/4 tsp salt

1 tsp cumin

1/2 tsp ground coriander

1/8 tsp black pepper

1/8 tsp cayenne pepper

Pinch of ground cardamom

Olive oil (optional)

Instructions

Pour the chickpeas into a large bowl and cover them by about 3 inches of cold water. Let them soak overnight. They will double in size as they soak – you will have between 2 and 2.5 cups of beans after soaking.

1. Next day: Drain and rinse the garbanzo beans well. Pour them into your food processor along with the chopped onion, garlic cloves, parsley, flour or chickpea flour (use chickpea flour to make gluten free), salt, cumin, ground coriander, black pepper, cayenne pepper, and cardamom.

2. Process all ingredients together until the mixture is somewhere between the texture of couscous and a paste. You want the mixture to hold together, but don't over-process – you don't want it turning into hummus!

3. Once the mixture reaches the desired consistency, pour it out into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chickpea chunks that the processor missed.

4. Cover the bowl and refrigerate for 1-2 hours.

5. Preheat oven to 375° and lightly grease a cookie sheet or line with parchment paper

Form the falafel mixture into balls (a bit smaller than a golf ball) and then flatten into 1/2 inch thick disks and put them on a lightly greased cookie sheet. The balls will hold together loosely at first, but will bind nicely once they bake. Brush lightly with olive oil if desired

6. Bake for 25 minutes, turning them over half way through. Serve with tahini dressing (recipe in separate email). They are also great in a pita pocket with shredded cabbage and carrot, a generous amount of tahini dressing and some pickled turnip.