
Falafel

Instructions

Soak chickpeas overnight. [You can use tinned chickpeas (2 tins) but they are softer and not quite so nutty.] Drain well, and put on kitchen paper to dry out a little.

Put chickpeas in a food processor, and process until very fine - like breadcrumbs. Almost, but not quite, to a puree otherwise they won't hold together.

Add garlic, onion, parsley and coriander. Process again until well chopped and blended. Add spices, chickpea flour (if you can't get this, you can use ordinary plain flour, but this will make the recipe unsuitable for gluten-intolerant diners), baking powder, spices and sesame seeds, plus salt and pepper. Mix briefly.

Take small amounts of the mixture and form into small balls – about the size of a golf ball. Traditionally they would be deep fried, but I always shallow fry in olive oil, so I flatten them into patties. You should get about 12 falafel.

Place oil over a medium heat and cook until done, turning as required. These freeze well – both cooked and uncooked. They can be eaten cold or can be reheated in a hot oven for a few minutes.

Delicious with salad, or in pitta bread.

Simple and absolutely delicious. Low in fat, and gluten free. Can be made in advance and frozen before cooking.

Ingredients

200gm chickpeas - dried
3 cloves garlic, chopped
20gm parsley, chopped
1 handful coriander leaves
1 onion, chopped
3 dried chilli, crushed
2tbsp chickpea flour
0.75tsp baking powder
1.5tsp ground cumin
1.5tsp ground coriander
1tsp salt
2tbsp sesame seeds
0.5tsp paprika
Pepper to taste
Olive oil for frying