

Ingredients:

1/2-pound dried chickpeas
2 cups of fresh cilantro, parsley, dill and mint leaves
6 scallions sliced or 2 cups yellow onion diced
2 medium cloves garlic, minced
2 teaspoons ground cumin
2 teaspoons ground coriander seeds
¼ teaspoon cayenne pepper (optional)
1 teaspoon kosher salt, plus more for seasoning

Optional:

2 to 3 cups (480 to 720ml) vegetable oil, for frying

Instructions:

1. Rinse chickpeas and place in a large bowl. Cover with cold water and let sit at room temperature overnight. The next day, drain and rinse.
2. Combine chickpeas, herbs, scallions, garlic, cumin, coriander, cayenne and salt in a food processor. Pulse until chickpeas are very finely minced and hold together when made in to a ball.
3. Transfer mixture to a bowl, cover, and place in refrigerator for 30 minutes or overnight to allow time for more starch to seep out of chickpeas.
4. Form the mixture. Once the falafel mixture has been plenty chilled, scoop golf ball-sized balls and form into balls or patties.
5. When all the balls have been formed, fill a deep cast iron skillet or Dutch oven with 3/4 inch of oil. Heat over high heat until oil registers 375°F. Carefully lower chickpea balls into oil one at a time, allowing a little space between each ball and cooking in batches if necessary. Adjust heat as necessary to maintain a temperature of between 350 and 375°F. Allow to cook undisturbed until well browned on bottom sides, then carefully flip balls with a fork until browned on second side, about 4 minutes total. Transfer cooked chickpea balls to a paper towel-lined plate and season with salt. Repeat with remaining chickpea balls.
6. Serve immediately with tahini, hummus or your favorite salad.

*Recipe inspired from Serious Eats

Always use dry chickpeas. Dry chickpeas, that have been soaked in water for 24 hours, will give you the best texture and flavor. Dry chickpeas are naturally starchy and will help your falafels to stay well formed. If you use canned chickpeas, your falafel will disintegrate in the frying oil.

For baked falafel

Preheat your oven to 350 degrees F and lightly oil a baking sheet. Give each patty or ball a quick brush of extra virgin olive oil before baking; bake for about 15 to 20 minutes, turning the falafel over halfway through baking.

Basic Tahini Sauce Recipe Ingredients

You only need 5 ingredients!

- 1 cup tahini
- ½ cup fresh lemon juice (more if you like it lemony)
- ¼ cup water, plus more as needed to thin it out to the consistency that you prefer
- 2 small garlic cloves, grated on a microplane
- 1 teaspoon sea salt

Instructions:

In a small bowl, stir together the tahini, lemon juice, water, garlic, and sea salt. Season to taste. If it's too thick, add water, as needed, to reach your desired consistency.

Tabbouleh

Ingredients:

- ¼ cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice and zest
- 1 garlic clove, grated
- ½ teaspoon sea salt
- ¼ teaspoon ground coriander
- 4 cups finely chopped curly parsley, about 2 bunches
- 1 cup diced English cucumber
- 1 cup fresh diced tomato
- ⅔ cup cooked bulgur wheat
- ½ cup finely chopped fresh mint and dill
- 2 scallions, chopped

Combine all ingredients with cooked bulgur and refrigerate or eat!

