

Falafels

Make your own felafel wraps with the kids

Ingredients:

- 225 g / 8 oz dried chick peas (Note 1)
- 1 cup parsley leaves, roughly chopped
- 1 cup coriander/cilantro leaves, roughly chopped
- 6 scallions/shallots, white and light green part only finely chopped
- 2 cloves of garlic, minced
- 1 tsp cumin
- 1/2 tsp coriander
- 1 1/2 tsp salt
- 1/2 tsp baking powder (optional but recommended)
- 4 tsp flour (plain/all purpose) OR chickpea flour
- 5 tbsp water

Method:

1. Place chickpeas in a large bowl and pour over plenty of cold water. Leave to soak 12 + hours (even 2 days is fine).
2. Drain chickpeas well. Place in food processor, add remaining Falafel ingredients.
3. Blitz for 2 to 3 minutes on high, scraping down sides as necessary, until the chickpeas are very small grains. Mixture should look like smooth guacamole from the outside (see video).
4. Scoop up heaped tablespoons and shape into balls (or dome, disc or torpedo), place on a tray. Should make around 20, about 2.5cm / 1" wide.
5. Refrigerate for 30 minutes.
6. Fry the felafels on medium to high heat, I tend to flatten them.
7. Cook until browned on both sides.
8. Serve fresh with sauce of choice! Make falafel wraps with pita bread, chopped cucumber, diced tomato, cheese, yoghurt, and hummus.

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