

Falafel

Chick pea patties with herbs and spices.

This is an **Egyptian**¹ recipe.

A 280 gm tin of chick peas makes about 16 falafel.

Ingredients

280 g tin cooked chick peas
2 cloves garlic
fistful fresh parsley
5 ml ground cumin
5 ml ground coriander
2 ml ground chilli
30 ml plain flour
1 small onion

to taste **FAIRTRADE** freshly ground
black pepper

sunflower oil

Method

Notes

150 gm dry chick peas can be cooked to produce roughly the same quantity of falafel.

A teaspoon of dried parsley can be used if fresh herbs are unavailable.

Increase / decrease the chilli as necessary, 2 ml adds just a little bite without burning.

Preparation

Wash the herbs and chop fine.

Rinse the chick peas and put them in a food blender.

Skin the garlic, chop small and put in the blender.

Skin the onion, chop fine and add to the blender.

Add all the spices, the flour and a little salt.

Blend until smooth.

Cooking

Form the mix into golf-ball sized spheres, and flatten slightly.

Heat a little sunflower oil, and fry each pattie 3 minutes per side (until browning).

To serve

For a light meal, serve with

- Pitta Bread²
- Hummus³
- a salad such as Za'atar tomato salad⁴
- Dipping Sauce⁵
- Salsa⁶

¹<http://www.fairtradecookbook.org.uk/countries/egypt.htm>

²http://www.fairtradecookbook.org.uk/recipes/pitta_bread.htm

³<http://www.fairtradecookbook.org.uk/recipes/hummus.htm>

⁴http://www.fairtradecookbook.org.uk/recipes/zaatar_tomato_salad.htm

⁵http://www.fairtradecookbook.org.uk/recipes/dipping_Sauce.htm

⁶http://www.fairtradecookbook.org.uk/recipes/mexican_tomato_sauce.htm