

FALAFEL

INGREDIENTS

1 cup dried peeled fava beans (7 ounces), soaked overnight
3/4 cup dried chickpeas, soaked overnight
1 small onion, finely chopped
1/3 cup minced flat-leaf parsley
2 tablespoons minced cilantro
1 garlic clove, minced
1 teaspoon baking powder
1 teaspoon kosher salt
3/4 teaspoon ground cumin
Pinch of crushed red pepper
3 tablespoons water
Pure olive oil or canola oil, for frying
Tahini Sauce (see recipe)

METHOD

Drain and rinse the favas and chickpeas and put them in a food processor. Add the onion, parsley, cilantro, garlic, baking powder, salt, cumin and crushed red pepper. Pulse, scraping down the side of the bowl, to form a coarse paste. Add the water and process until the mixture is gritty but fine and brilliant green. Scrape the paste into a bowl.

In a medium saucepan, heat 2 inches of oil to 350 degrees F. Scoop rounded tablespoons of the falafel mixture into the hot oil and fry in small batches until browned and crisp, about 2 minutes. Drain on paper towels set over a wire rack and serve hot, with Tahini Sauce.

Σάλτσα από γιαούρτι

Υλικά

150 γρ. γιαούρτι
100 γρ. Φρέσκα κρέμα
2-3 λεμόνια αναλόγως
Φρέσκο κρεμμυδάκι ψιλοκομμένο