

Falafel

2	pita	1 tsp	crushed red pepper
3 oz	fine ground burghul	2 tsp	chopped corriander
14 oz	chickpeas	1 tsp	lemon juice
3 cloves	garlic	1 tsp	ground cumin
1	small onion	1 qt	oil

1. Combine the shredded bread with water
2. In another bowl, combine the burghul with water
3. Allow both to soak for 15 min

1. Combinedrainedchickpeas,garlic,onion,spicesandlemonjuiceinfoodprocessor
2. Process until smooth

1. Drain bread and burghul; squeezing both separately in towels to dry
2. Add bread to chickpea paste
3. Process until smooth

1. Scrape paste into a bowl and add burghul
2. Season with salt and pepper
3. Combine mixture with hands
4. Shape into small balls and arrange on greaseproof paper
5. Chill for about 2 hours

1. Heat oil in deep fryer to 375°F (just about smoking)
2. Deep fry for 4 minutes or until golden brown
3. Drain on paper towels
4. Serve with warm Tarator bi Tahini or Yoghurt and Cucumber Sauce