
♦ Falafel ♦

INGREDIENTS

1 cup canned chickpeas
1/2 large onion roughly chopped (about 1 cup)
2 tablespoons finely chopped fresh parsley
1/4 teaspoon oregano
1 teaspoon salt
1/2 -1 teaspoon crushed red pepper flakes
4 cloves of garlic
1 teaspoon cumin
1 teaspoon baking powder
4 -6 tablespoons flour
Soybean or vegetable oil for frying
Hummus for garnish
Add your favorite diced vegetables for garnish
Pita bread

INSTRUCTIONS

1. Place the drained, uncooked chickpeas and the onions in the bowl of a food processor fitted with a steel blade. Add the parsley, oregano, salt, red pepper flakes, garlic, and cumin. Process until blended but not pureed.
2. Sprinkle in the baking powder and 4 tablespoons of the flour, and pulse. You want to add enough flour so that the dough forms a small ball and no longer sticks to your hands. Turn into a bowl and refrigerate, covered, for several hours.
3. Form the chickpea mixture into balls about the size of walnuts, or use an ice cream scoop.
4. Heat 3 inches of oil to 375 degrees in a deep pot or wok and fry 1 ball to test. If it falls apart, add a little flour. Then fry about 6 balls at once for a few minutes on each side, or until golden brown. Drain on paper towels. Stuff a quarter pita with falafel balls, spread with hummus, and garnish with chopped vegetables.