

Falafel

2024-01-20

Ingredients

Amount	Ingredient
2 cups	Dried Chickpeas
½ tsp	Baking Soda
1 cup	Parsley
¾ cup	Cilantro
½ cup	Dill
1 ea	Small Onion, Quartered
7-8	Garlic Cloves, Peeled
1 tbsp	Ground Black Pepper
1 tbsp	Ground Cumin
1 tbsp	Ground Coriander
1 tsp	Cayenne Pepper
1 tsp	Baking Powder
2 tbsp	Toasted Sesame Seeds
	Salt

Instructions

1. Soak dried chickpeas and baking soda in water overnight. Drain and pat dry before use.
2. In a food processor, combine chickpeas, herbs, onion, garlic, and spices. Process until well combined.
3. Transfer mixture to a container, cover tightly, and refrigerate for at least 1 hour (up to overnight).
4. Just before frying, stir baking powder and sesame seeds into the falafel mixture.