

# QUICK FALAFEL

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## INGREDIENTS

1 can chickpeas (rinsed, drained and patted dry)  
1/3 cup chopped fresh parsley  
4 cloves garlic, minced  
2 medium shallots (minced)  
2 Tbsp raw sesame seeds  
1 1/2 tsp cumin (plus more to taste)  
1/4 tsp each sea salt and black pepper (plus more to taste)  
1 healthy pinch coriander (optional)  
3-4 Tbsp all-purpose flour  
3-4 Tbsp oil for cooking  
Bread crumbs for coating

## METHOD

### Step 1:

Add chickpeas, parsley, shallot, garlic, sesame seeds, cumin, salt, pepper (and coriander and cardamom if using) to a food processor or blender and mix/pulse to combine, scraping down sides as needed until thoroughly combined. You're looking for a crumbly dough, not a paste.

### Step 2:

Add flour 1 Tbsp at a time and PULSE to combine until no longer wet and you can mold the dough into a ball without it sticking to your hands - about 4 Tbsp

### Step 3:

Taste and adjust seasonings as needed. I added a bit more salt, pepper, and a dash of coriander. You want the flavor to be pretty bold, so don't be shy.

### Step 4

Transfer to a mixing bowl, cover and refrigerate for 1-2 hours to firm up. If you're in a hurry you can chill in the freezer for 45 minutes or skip this step - but they will be a little more fragile when cooking.

### Step 5

Once chilled, scoop out rounded Tablespoon amounts (~30 g in weight // I used this scoop) and gently form into 11-12 small discs (amount as original recipe is written // adjust if altering batch size).

OPTIONAL: Sprinkle on panko bread crumbs and gently press to adhere - flip and repeat. This will produce a crispier falafel, but it's optional.

### Step 6

Heat a large skillet over medium heat and add enough oil to generously coat the pan - about 2 Tbsp (30 ml). Swirl to coat.

### Step 7

Once the oil is hot, add only as many falafel as will fit very comfortably in the pan at a time - about 5-7.

### Step 8

Cook for a total of 4-5 minutes, flipping when the underside is deep golden brown. Repeat until all falafel are browned - the deeper golden brown they are, the crispier they'll be. They will also firm up more once slightly cooled.

# THE COOKERY

by The Secret Jozi Chef