

Sean's Falafel and Cucumber Sauce

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Submitted by: Sean
Rated: 5 out of 5 by 355
members

Prep Time: 20
Minutes
Cook Time: 10
Minutes

Ready In: 1 Hour
Yields: 4
servings

"You don't have to use powdered mix to make your own falafel! Mashed chickpeas are combined with onion, bread crumbs, egg and herbs, and fried. Serve with the cucumber sauce in a pita with tomatoes."

INGREDIENTS:

1 (15 ounce) can chickpeas (garbanzo beans), drained	1 teaspoon baking powder
1 onion, chopped	1 tablespoon olive oil
1/2 cup fresh parsley	1 cup dry bread crumbs
2 cloves garlic, chopped	oil for frying
1 egg	1 (6 ounce) container plain yogurt
2 teaspoons ground cumin	1/2 cucumber - peeled, seeded, and finely chopped
1 teaspoon ground coriander	1 teaspoon dried dill weed
1 teaspoon salt	salt and pepper to taste
1 dash pepper	1 tablespoon mayonnaise
1 pinch cayenne pepper	
1 teaspoon lemon juice	

DIRECTIONS:

1. In a large bowl mash chickpeas until thick and pasty; don't use a blender, as the consistency will be too thin. In a blender, process onion, parsley and garlic until smooth. Stir into mashed chickpeas.
2. In a small bowl combine egg, cumin, coriander, salt, pepper, cayenne, lemon juice and baking powder. Stir into chickpea mixture along with olive oil. Slowly add bread crumbs until mixture is not sticky but will hold together; add more or less bread crumbs, as needed. Form 8 balls and then flatten into patties.
3. Heat 1 inch of oil in a large skillet over medium-high heat. Fry patties in hot oil until brown on both sides.
4. In a small bowl combine yogurt, cucumber, dill, salt, pepper and mayonnaise. Chill for at least 30 minutes.

