

Falafel

What to collect

Ingredients	Equipment
225g chick peas, soaked	food processor
¼ onion	colander
1 clove garlic	3 medium and 1 large bowls
20 stalks of parsley	wooden spoon, large knife
15 stems coriander (cilantro)	slotted spoon
1 teaspoon salt	metric measuring spoons and cups
pepper	kitchen paper
1 teaspoon baking powder	fry pans – 1 small, 1 large
1 tablespoon coriander seeds	baking tray
2 tablespoons cumin seeds	chopping board
½ cup vegetable oil for frying	mortar and pestle
¼ teaspoon cayenne pepper	serving plate, oven proof dish, tea towel
1-2 lemons	

What to do

1. Place the chickpeas in the large bowl of water and leave overnight.
2. The next day, set the colander in the sink. Tip the chickpeas and soaking water into the colander. Rinse with cold, running water, then drain and give the colander a good shake. Wash and dry the large bowl and return the chickpeas to the bowl.
3. Preheat oven to 120C. Line the base of the ovenproof dish with kitchen paper and place in the oven to keep warm.
4. Soak the coriander in a bowl of water.
5. Heat the small frying pan over a medium heat. Toast the cumin seeds in the dry pan until they smell fragrant. Tip the seeds into the mortar. Toast the coriander seeds in the same pan until they smell fragrant. Add these seeds to the mortar. Using the pestle, work the spices to a coarse powder. Tip the spice powder into the chickpea bowl.
6. Set out the chopping board and knife. Peel and grate the onion and add to the chickpeas.

- 7. Rinse the parsley and mint. Lift the coriander from its soaking water. Dry the herbs by rolling them in a tea towel, then roughly chop and add to chickpeas.**
- 8. Add the baking powder, salt, cayenne pepper and stir to mix well.**
- 9. Working in batches, spoon mixture into food processor, then process till mixture combines and looks bright green. Tip into medium bowl once done and continue doing the rest.**
- 10. When all the mixture has been processed, use your hands to form the mixture into little patties, about the 4cm wide, squeezing them very firmly.**
- 11. Place each patty on the baking tray as you make it. You should have 20 falafel.**
- 12. Pour half the oil into frying pan. Heat over a high heat until hot.**
- 13. Remove the warmed dish from the oven and put it next to the frypan.**
- 14. Working in batches, carefully put some falafel into the hot oil and fry them, turning with slotted spoon, until they are golden brown. Add the remaining oil to frypan and repeat the process.**
- 15. When all the falafel are cooked, place on a serving plate with some lemon wedges alongside.**