

Falafel

Type: Main **Serves:** 30 falafel **Recipe source:** Cooking with Kids Stephanie Alexander
Fresh from the garden: Parsley, garlic, coriander, mint, lemons
Cooks Note: place chickpeas in large bowl, cover with water and soak overnight

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| EQUIPMENT: 3 medium bowls 1 large bowl 1 colander Ovenproof dish Kitchen paper Frying pans 1 small 1 large Measure spoons and cups Wooden spoon Mortar and pestle Chopping board and knife Grater Tea towel Food processor Slotted spoon 4 tablespoons TO SERVE: 3 rectangle platters and 3 tongs | INGREDIENTS: 700g chick peas (soaked overnight) 6 tablespoons cumin seeds 3 tablespoon coriander seeds 1 small red onion 4 cloves garlic 50 stalks parsley 20 stems coriander (cilantro) 50 mint leaves 3 teas baking powder 3 teas salt 4-6 Tablespoons Besan Flour Freshly ground black pepper $\frac{1}{4}$ teas cayenne pepper $\frac{3}{4}$ cup vegetable oil |
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What to do:

1. Place colander in sink and tip the peas into the colander. Rinse with cold running water then drain and give the colander a good shake. Wash and dry large bowl and return the chick peas to the bowl
2. Preheat oven to 120 degrees Celsius. Line the base with kitchen paper and place in oven to keep warm.
3. Soak the coriander in a bowl of water
4. Heat the small frying pan over a medium heat and toast the cumin seeds and coriander seeds in the dry pan until fragrant. Tip seeds into mortar and pestle and pound to a powder. Tip spices into the bowl with chickpeas.
5. Set out the chopping board and knife. Peel and grate the onion add to chickpea bowl
6. Peel and crush garlic and add to chickpeas
7. Rinse the parsley and the mint. Dry all herbs including coriander on a clean tea towel. Roughly chop and add to chickpeas
8. Add baking powder, flour, salt, pepper and cayenne pepper to chick peas and stir well
9. Working in batches spoon mixture into the bowl of the food processor and process until the mixture combines and looks bright green with little white flecks but **do not**

process until it is a paste. Scrape out and put in medium bowl and repeat step until all the chickpea mixture is done.

10. Use your hands to form the processed mixture into little patties, about 4cm wide squeezing them firmly
11. Place each patty on a tray as you make it. **You should make about 30 or more patties**
12. Pour a third of the oil into the large frying pan. Heat over a high heat until hot. Remove warmed dish from oven and place it on bench next to frying pan ready to put cooked falafel in.
13. Working in batches carefully shallow fry falafel and keep turning them until a deep golden brown all over. Lift out with a slotted spoon and place in warm dish and return dish to oven to keep warm.
14. Repeat step 12 and 13 until all falafel cooked
15. Divide onto 3 platters and garnish with extra parsley