

Falafel

by Karim & Miriam Alrubaii, AI Chef

Ingredients

2 cups dried chickpeas
1 small onion, chopped
7-8 cloves of garlic
 $\frac{3}{4}$ cup fresh cilantro
1 cup fresh parsley
1 T ground cumin
1 T ground coriander
Salt, to taste
 $\frac{1}{2}$ tsp baking powder
Oil for frying

Method

In a large bowl, cover your dry chickpeas with water. Soak for 24 hours, then drain well. In a food processor, combine the soaked chickpeas, chopped onion, garlic, cilantro, parsley, cumin, coriander, and salt. Pulse until the mixture forms a coarse, grainy texture (not a paste). Transfer the mixture to a bowl and stir in the baking powder until fully incorporated. Cover and refrigerate for at least 1 hour to allow the mixture to firm up. Shape the mixture into small balls or patties using your hands or a falafel scoop. Heat oil in a deep pot to 350°F (175°C). Fry the falafel in batches for 3-4 minutes, or until deep golden brown and crispy on the outside. Remove and drain on paper towels. Serve warm.



ATLANTA BOTANICAL GARDEN