

Spice Kit: Falafel Instructions

Supplies

Included: dried garbanzo beans (chickpeas), ground coriander, and ground cardamom

Not included: garlic cloves, onion, cilantro, parsley, ground cumin, salt & pepper, baking powder, olive oil, and lemon wedge, and any cooking utensils

“Falafel (occasionally spelled falafel) are small, fried patties, croquettes, or rissoles popular in the Middle East mainly as a snack or a *mezze*. Their origin cannot be traced and is probably extremely ancient. It is, however, generally accepted that falafel originated in Egypt, where these tasty snacks have become one of the national dishes. The Christian Copts, who are said to be pure representatives of the ancient Egyptians, claim them as their own.

Falafel are called *ta’amia* in Egypt, except for in Alexandria, where, as the rest of the Middle East, they are called falafel. Egyptians make them with the dried white broad beans called *ful nabad*. In the Lebanon, Syria, and Jordan they are more usually made with chick peas and/or dried broad beans. They are also popular in Israel, where they are sometimes called the “Israeli hot dog”, and are often served with a hot fenugreek relish called *hilbeh* brought to Israel by the Yemenite Jews. Some regard falafel as a national dish of Israel.”

Citation for falafel background:

Davidson, Alan. *The Oxford Companion to Food*. Oxford University Press Inc., 1999.

Citation for recipe:

Buettner, Dan. *The Blue Zones Kitchen: 100 Recipes to Live to 100*. National Geographic, 2019.



Pre-cooked patties



Fried goodness

Total cook time: 25 minutes Makes 6 servings

List of ingredients:

- 2 cups dried chickpeas (or four 15-oz cans, drained) **included*
- 5 garlic cloves, peeled & chopped
- ½ sweet onion, sliced
- 1 cup cilantro leaves
- 1 cup parsley leaves
- 3 teaspoons ground cumin
- 2 teaspoons ground coriander **included*
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1/8 teaspoon ground cardamom **included*
- 1 tablespoon baking powder
- Extra-virgin olive oil, as needed
- Lemon wedges, for serving

Cooking instructions:

1. If using dried chickpeas, place them in a large bowl. Cover with at least 6 cups of water. Allow to soak for 18-24 hours. Drain well. If using canned, drain & rinse with water.
2. Place the chickpeas and the remaining falafel ingredients (except olive oil and lemon) into a food processor. Grind until the mixture begins to hold together, scraping down the sides of the bowl occasionally.
 - a. A blender would also work to grind the ingredients in multiple small batches.
 - b. A potato masher can also be used to mash the chickpeas, just make sure the garlic, onion, cilantro, & parsley leaves are finely chopped.
3. Take a handful of the mixture and form a ball. If the mixture hold together, it's ready to be formed. If it doesn't hold together, grind it further. Don't add water, as this will make the dough too wet and it won't hold together.
4. Form the falafel into ¼-inch-thick patties.
5. Heat a medium skillet over high heat. When the skillet is hot, add enough oil to generously coat the pan and create a thin layer.
6. When the oil is hot, gently add the falafel patties to the skillet. Cook for a total of 4 minutes, 2 minutes on each side or until browned. Remove to a paper towel-lined plate to cool.
7. Instead of frying them, you can bake them. Heat oven to 375 degrees F. Place patties on a greased baking sheet. Bake for 12-15 minutes. Flip the patties over and bake for another 12-15 minutes until golden brown.
8. Serve in a sandwich or on top of a sturdy salad with a squeeze of lemon.