



# Falafel

Egypt | Easy | 8-10 hours | 6 servings | Side Dish

## Tools and equipment

- ~ Stainless steel pot or saucepan
- ~ Glass or stainless steel blender
- ~ Strainer
- ~ Mortar and pestle

## Directions

- 1 Soak chickpeas in water for eight hours. Drain, dry and grind the beans, until texture is grainy.
- 2 Mix the chopped herbs with the chickpea puree in a bowl.
- 3 Finely chop onions and garlic. Add to the mixture with the cumin, salt and pepper. Knead well.
- 4 Take a piece of paste, knead into the palm and form into a ball. Flatten it slightly with the finger and deep fry in hot oil (never exceeding 180°C).



## Ingredients

Onion, chopped	200 g	Parsley	15 g
Garlic, chopped	10 g	Table salt	5 g
Chickpea, dry	400 g	Cooking oil	350 ml
Coriander	15 g		
Cumin, dry	10 g		
Pepper	3 g		