



PREP TIME COOK TIME YIELD

12 mins

40 mins

20
portions*

Lunch, dinner, snack
Vegetarian, vegan
Allergy information: wheat, gluten

Homemade Falafel

Ingredients

- 1.5kg dried chickpeas or garbanzo beans
- 3 small onions, roughly chopped
- Handful of fresh parsley (chopped)
- 15 roasted garlic cloves
- 4.5 tbsp chickpea flour
- 2 tsp salt
- 6 tsp cumin
- 3 tsp ground coriander
- $\frac{3}{4}$ tsp black pepper
- $\frac{3}{4}$ tsp Cayenne pepper
- Pinch of ground cardamom
- Vegetable oil for frying

Method

Blitz all the ingredients in a food blender, or in batches depending on blender capacity.

Shape into balls roughly the size of a golf ball.

Fry each ball for approximately ten minutes on all sides. If preferred you can also finish browning them off in the oven.

Serving suggestion: pitta breads with salad and dips of your choice.

Top tips

- When making homemade falafel we recommend using dried beans and soaking overnight.
- Be very careful with Cayenne pepper - it is a very hot spice, remember you can add but you can't take out!
- As a school we would never use peanut oil, however if you are making this dish at home and have no nut allergy sufferers peanut oil works very well
- *This recipe makes approximately twenty portions (three falafel per person).

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St Albans High School
for Girls