

Falafel Recipe

Falafel (the plural of falafel is falafel)

Falafel are a nutritious vegan street food and the national food of Israel. Falafel are made from chickpeas with fresh herbs and seasonings and served in a pita pocket with fresh vegetables and tahini sauce.

Ingredients:

2 cups dried chickpeas (Do **not** use canned chickpeas. Do **not** cook chickpeas.) Soak dry chickpeas overnight (12-18 hours) in 8 cups of water. Drain.

1 medium onion, quartered

5 garlic cloves, peeled and smashed

2 cups fresh herbs, use a combination of cilantro, Italian parsley and mint

1 tablespoon lemon zest

Seasonings, mix together in a small bowl:

1 tablespoon ground coriander

1 tablespoon ground cumin

2 teaspoons cinnamon

1 tablespoon salt

1 teaspoon black pepper

1 teaspoon cayenne pepper

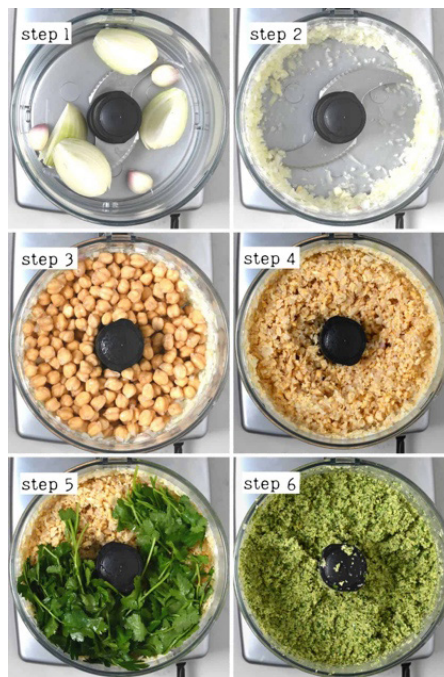
2 teaspoons baking soda (add just before you plan to cook)

Peanut oil or any neutral cooking oil for frying

Instructions:

1. Chop onion and garlic in a food processor until a crumbly consistency is reached. (See illustration.)
2. Add drained chickpeas and chop.
3. Add herbs, zest, seasonings, and baking soda. Chop until crumbly. (See illustration.) Taste for seasoning adjustment.
4. Form into 2" balls and gently press to make patties.
5. Heat peanut oil in a wok or a large, heavy pan to 350° F. Drop 4-6 patties into the hot oil and fry until brown and crispy on both sides. Do not leave unattended, as they burn easily.
6. Remove and dry on paper towels to absorb excess oil.

Yield: 24-30 falafel



Tahini Sauce Recipe

Ingredients:

4 garlic cloves, smashed
2/3 cup fresh lemon juice
2 cups tahini (Soom brand is the best)
4 tablespoons olive oil
Salt to taste
Pinch of cayenne pepper
1/2 cup cilantro, finely chopped

Instructions:

1. Chop garlic with lemon juice in the blender. Let mixture rest for a few minutes.
2. Place tahini, olive oil, salt, and cayenne pepper in food processor with garlic and lemon juice. Blend. As it emulsifies, it thickens. Add ice water, a little at a time, and keep blending until the consistency of a salad dressing is reached.
3. Taste and adjust seasoning.
4. Stir in chopped cilantro and serve.

How to Serve:

pita pockets, cut in half
falafel patties
tahini sauce
hummus, purchase in the grocery store
or make your own
toasted sesame seeds
cucumbers, peeled and sliced
carrots, peeled and cut in thin strips
red and yellow peppers cut into thin strips
red onion, diced or green scallions,
sliced diagonally
tomatoes, diced
lettuce, chopped

1. Place tahini sauce, hummus, and falafel in a pita pocket. Sprinkle with a few sesame seeds.
2. Ask guest what fresh vegetables (s)he would like and place inside the pita pocket.

Quinoa Tabbouleh Salad

Middle Eastern tabbouleh is made with bulgur. This recipe substitutes quinoa for bulgur and is gluten free.

Instructions:

1. Cook quinoa in salted water according to package directions. Allow to cool completely.
2. Chop parsley, mint, tomatoes, and red onions and toss with cooled quinoa.
3. Add crumbles or cubes of feta cheese.
4. Combine the following ingredients for the dressing:
 - 3 tablespoon lemon juice
 - 1/4 cup olive oil
 - 2 teaspoon Dijon mustard
 - 1 garlic clove, finely chopped
 - 1 teaspoon maple syrup
 - 1/4 teaspoon salt
 - 1/4 teaspoon black pepper
5. Toss quinoa with the rest of the ingredients to complete the salad.

Crispy Potato Wedges

Instructions:

1. Preheat oven to 425° F.
2. Wash and dry 4 Russet potatoes. Leave skins on and slice into 32 wedges.
3. Mix in a large bowl:
 - 4 tablespoons olive oil
 - 1 teaspoon paprika
 - 1 teaspoon chili powder
 - 2 teaspoons dried parsley flakes
 - 1 teaspoon salt
 - 1/2 teaspoon black pepper
4. Add potato wedges and toss well to coat.
5. Place wedges on a parchment paper or foil-lined cookie sheet. Do not crowd.
6. Bake 20-25 minutes on middle oven rack. Flip the potatoes and roast for another 18-20 minutes or until tender inside and crispy on the outside.
7. Sprinkle with coarse sea salt and serve with sour cream or ketchup.