



# FALAFEL

Put the chickpeas in a large bowl and add enough cold water to cover them by at least 2 inches. Let soak overnight, then drain. Or use canned chickpeas, drained.

Place the drained, uncooked chickpeas and the onions in the bowl of a food processor fitted with a steel blade. Add the parsley, cilantro, salt, hot pepper, garlic, and cumin. Process until blended but not pureed.

Sprinkle in the baking powder and 4 tablespoons of the flour, and pulse. You want to add enough bulgur or flour so that the dough forms a small ball and no longer sticks to your hands. Turn into a bowl and refrigerate, covered, for several hours.

Form the chickpea mixture into balls about the size of walnuts, or use a falafel scoop, available in Middle-Eastern markets.

Heat 3 inches of oil to 375°F in a deep pot or wok and fry 1 ball to test. If it falls apart, add a little flour. Then fry about 6 balls at once for a few minutes on each side, or until golden brown. Drain on paper towels. Stuff half a pita with falafel balls, chopped tomatoes, onion, green pepper, tzatziki and fried halloumi if you're feeling like it.

- 1 cup dried chickpeas
- 1/2 large onion, roughly chopped
- 2 tablespoons finely chopped fresh parsley
- 2 tablespoons finely chopped fresh cilantro
- 1 teaspoon salt
- 1/2-1 teaspoon dried chili flakes
- 4 cloves of garlic
- 1 teaspoon cumin
- 1 teaspoon baking powder
- 4-6 tablespoons flour
- olive oil for frying

To serve..

- Chopped tomato
- Diced onion
- Diced green bell pepper
- Tzatziki sauce
- Pita bread

