

Falafel (Mashed Chickpea Pods with Vegetables)



INGREDIENTS

1. 1 pound chickpeas, soaked for 24 hours
2. 1 medium onion
3. 1 medium potato, peeled
4. 4 cloves garlic
5. 1 teaspoon ground coriander
6. 1 teaspoon cumin
7. 2 teaspoons salt
8. 1/2 teaspoon pepper
9. 1/2 teaspoon cayenne
10. 1 tablespoon flour
11. Vegetable oil, for frying
12. 2 teaspoons baking soda

Method:

1. Drain chickpeas.
2. Quarter onion and potato.
3. Run chickpeas, onion, and potato through fine holes of the meat grinder along with the garlic 2 times.
4. Add all remaining ingredients except baking soda and vegetable oil. Mix well.
5. Run through grinder once more. Mix again.
6. Cover and leave to rest for 2 to 3 hours.
7. Heat oil for deep-frying. While oil is heating, add baking soda to the chickpea mixture.
8. With dampened hands, form mixture into balls the size of a walnut, and then flatten slightly into a patty. Deep-fry, making sure patties are cooked through and are golden brown.
9. Remove from oil with a slotted spoon and drain on paper towels.