

# FALAFEL

## Ingredients

- 1 1/2 teaspoons coriander seeds
- 1 1/2 teaspoons cumin seeds
- 1 (14-ounce) can garbanzo beans (chickpeas), drained
- 1/2 small onion, coarsely chopped
- 1/3 cup fresh flat-leaf parsley leaves
- 2 tablespoons fresh cilantro (coriander)
- 1 clove garlic, coarsely chopped
- 1 large green chile, seeded and chopped
- Pinch of cayenne pepper
- Salt and freshly ground black pepper
- 1 cup vegetable oil, for frying

## Directions

1. Dry-fry the coriander and cumin seeds in a small frying pan over medium heat until fragrant, about 1 minute. Transfer to a mortar and pestle and grind to a fine powder.
2. Combine the garbanzo beans, onion, parsley, cilantro, garlic, chile, ground spices, and cayenne in a food processor. Blend until smooth. Season with salt and pepper.
3. Shape into walnut-size balls and press lightly to flatten.
4. Heat the oil in a large frying pan over medium-high heat, until hot enough to brown a piece of bread when tested.
5. Cook the falafel in batches, until crisp and golden brown, 3-5 minutes on each side. Remove using a slotted spoon and place on paper towels to drain.
6. Serve with yogurt.

Serves 4

Source: *Vegetarian* (Morris, Lane, and Bardi)