

Chef Reilly's

FALAFEL

- 2 cups dry chickpeas/ garbanzo beans
- 2 small onions, roughly chopped
- 4-5 cloves of garlic
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh cilantro
- 3 tbsp flour
- 3 tsp salt or to taste
- 3 tsp cumin
- 1-1/2 tsp black pepper
- 1/2 tsp cayenne pepper
- 2 tbsp Falafel seasoning
- Vegetable oil for frying (grape seed, canola and peanut oil work well)
- Kick it up a little and add curry or sesame seeds
- Anything goes with Falafel!



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Falafel is great on its own or in Pita bread! You can top it with Hummus or any sauce you like. I like to stuff mine in pita bread with a cabbage slaw and Yogurt sauce!

-Chef Reilly



FALAFEL

☑ Soak (overnight) chickpeas/garbanzo beans in a large bowl with about 3 inches of cold water over them

✋ Drain & rinse chickpeas/garbanzo beans well then pour them into food processor or blender with onion, garlic cloves, parsley, cilantro, flour, salt, cumin, black pepper, cayenne pepper, and Falafel Seasoning.

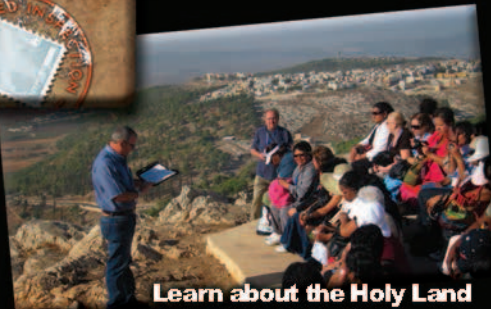
✋ Pulse all ingredients until a rough, coarse meal forms. Scrape the sides of the processor periodically and push the mixture down the sides. Do not over-process or create a paste.

✋ Once the mixture reaches desired consistency, pour it out into a bowl and use a fork to stir; this will make the texture more even throughout. Remove any large chickpea chunks that the processor missed.

☑ Cover the bowl with plastic wrap and refrigerate for 1-2 hours.

✋ Fill a skillet with vegetable oil to a depth of 1 ½ to 2 inches. Heat the oil slowly over medium heat. HEAT OIL TO 300° - 325° Meanwhile, with wet hands, scoop about 2 tbsp of the mixture & form into round balls, & press into round patties. If the mixture is too loose and falls apart, stir a little more flour into the mix.

🔥 It will take 1 - 1 1/2 minutes per side to brown. If it browns faster than that, your oil is too hot and your falafels will not be fully cooked in the center. Cool the oil down slightly and try again. When the oil is at the right temperature, fry the falafels in batches of 4 - 5 at a time till golden brown on both sides. Take them out of the oil and let them drain on paper towel. Serve Hot!



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