

# CHEF'S CORNER

WITH CHEF AMELIA

## FALAFEL

FROM CHEF AMELIA'S KITCHEN

### A NOTE FROM CHEF AMELIA:

Falafel are fried garbanzo bean patties. Typically found in Mediterranean cuisine, these are not only vegan, but also naturally gluten free and full of flavor! I like them with hummus, pickled red onions and grilled pita bread. They're extremely adaptable, you can use pretty much any herbs and spices you like best! If you aren't big on spicy food, you can omit the cayenne completely.

### INGREDIENTS:

- 1 cup dried garbanzo beans
- 1/2 cup cilantro
- 1/2 cup basil
- 1 head of garlic, peeled
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 1 tablespoon dried onion
- 1/2 teaspoon cayenne
- 1/2 teaspoon baking powder
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- Vegetable oil, for frying



### INSTRUCTIONS:

#### FOR THE BEANS:

1. Put the beans in a large bowl. Cover with 4 inches of salted water and let soak overnight. \*You can use canned chickpeas, but you'll need to add 4-5 tablespoons of flour to bind it together, making it NOT gluten free.\*

#### FOR THE FALAFEL:

1. Drain the soaked garbanzo beans. Using a food processor, pulse them until they're coarsely ground. Place in a mixing bowl.
2. Using the same food processor (no need to wash in between) pulse your garlic and herbs to form a sort of pesto.
3. Add to the garbanzo beans. Add the remaining ingredients and let sit for 10 minutes. This is a great time to preheat your oil for frying, or your oven for baking.

#### TO PAN FRY:

1. Form patties, roughly 2 ounces.
2. Heat oil until it reaches 350 (make sure you temp it!) then add the patties in a single layer, cooking each side for about 2 minutes, or until golden brown. If you have a fish spatula, I'd recommend using it to flip the patties, as tongs can apply too much pressure and can crumble the patties.
3. Remove from oil and place on paper towels to drain. Sprinkle with salt and enjoy!

#### TO BAKE IN OVEN:

1. Preheat oven to 400. Form patties, roughly 2 ounces.
2. Place patties on a cookie sheet and bake for 12-14 minutes, flipping them over halfway through.
3. Sprinkle with salt and enjoy!