

FALAFEL

These are a very popular fast food in the Middle East and are actually the most popular daily food for Syrians. The word itself 'falafel', as it seems, came from the Arab word 'Filfil', meaning pepper.

Ingredients (serves 25 in class)

- 1 tbs cumin seeds
- 1 tbs coriander seeds
- 1200g dried chickpeas, soaked, drained
- 3 cloves garlic, chopped
- 3/4 cup finely chopped coriander
- 1/4 cup finely chopped mint
- 1/2 cup finely chopped flat-leaf parsley
- 1 Spanish onion, coarsely grated
- 2/3 cup (50g) plain flour
- 1/2 tsp bicarbonate of soda
- 3 egg, lightly beaten
- 1 cup (75g) sesame seeds
- Sunflower oil, for shallow-frying

Method

1. Place cumin and coriander seeds in a frying pan and cook, stirring, over low-medium heat until fragrant. Cool. Place cooled seeds in a mortar and crush with a pestle to form a coarse powder. Using a food processor, process chickpeas until finely chopped and almost a paste. Transfer to a bowl. Add ground spices, garlic, herbs, onion and salt and pepper to taste, then mix well. Stir in flour, bicarbonate of soda and egg until well combined. Roll tablespoonfuls of mixture into walnut-sized balls then roll in sesame seeds to coat. Place on a tray. Cover and refrigerate for 1 hour (or overnight) to firm.
2. Pour oil into a large, deep frying pan until 5cm-deep. Shallow-fry falafel in batches, turning until golden all over, then drain on paper towels. Serve with lemon wedges.