

T's Take on Falafel

4-4 1/2 C Dry Chickpeas (garbanzos) Do not use canned chickpeas they will be mushy

4 Heaping T Garlic chopped

2 C parsley, chopped

1 C Vine St Vinegar or 1/2 C Vinegar and 1/2 C Water

1/4 C Scallions, chopped

3 T Olive Oil

2 tsp Sesame Oil

Salt, chili pepper to taste

Soak chickpeas in water 12-24 hours, blend raw chickpeas in food processor. Do not add water. Blend to play dough consistency, not hummus. Chop garlic, parsley, scallions. If chopping in a food processor add 1/2 of the vinegar. Mix the chopped garlic, parsley, scallion, olive oil and sesame oil into the blended chickpeas. Start o mix the rest of the vinegar until mixture is a moist, sticky paste. Add salt & chili pepper to taste. NOTE: the flavor needs to be over the top when raw because beans tend to be bland after cooking.

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Cover, place in refrigerator for at least 30 minutes, this mixture can left in the refrigerator overnight. After it sets, mix well and taste the raw batter to see if you might want to add more ingredients. Preheat oven to 400°, Line baking sheet with parchment paper. Roll mixture into 1-2" balls or make patties. Bake for 30 min, flipping halfway through.