

Falafel

Ingredients:

2 ½ cups dried chick-peas, soaked overnight and drained - 625 ml
1 tsp. ground coriander seeds - 5 ml
1 garlic clove, chopped
1 tsp. ground cumin - 5 ml
1/2 tsp. cayenne pepper - 2 ml
salt
1/4 cup flour - 50 ml
oil for deep frying

Directions:

Grind the chick-peas fine in a blender or food processor, and mix them well with the coriander, garlic, cumin, cayenne pepper and salt.

Add the flour and mix thoroughly.

From the resulting dough, make small balls about 1 1/4 inches (3 cm.) in diameter.

Pour oil into a pan and heat it to 375°F. (190°C).

A few at a time, deep fry the balls for two to three minute until they are golden.

Stuff the Falafel balls into a pocket bread (pita) and garnish with a lot of imagination!