

Falafels

Category: Mediterranean **Servings:** 2 **Rating:** 10

Source: A Taste of Lebanon, Mary Salloum

Description:

A Lebanese dish.

Ingredients:

!chick peas	1/2 cup
!onion	1/4 medium peeled
!potato	1 small peeled
!garlic	1 clove
!coriander, ground	1/4 teaspoon
!ground cumin	1/4 teaspoon
!salt	1/2 teaspoon
!pepper	1/8 teaspoon
!cayenne pepper	1/4 teaspoon
!flour, all-purpose	1 teaspoon
!baking soda	1/2 teaspoon
!vegetable oil	
!sub-recipe	Tahini sauce
!radish	
!dill pickle	
!parsley	
!marinated jalapenos	
!tomato	

Instructions:

Cover chick peas with enough water to come 2" above top of peas. Refrigerate for 24 hours. Drain chick peas. Quarter the onion and potato. Using a food processor, puree the onion, potato, chick peas, and garlic. Add all remaining ingredients except baking soda and vegetable oil. Mix well. Cover and leave in a cool place to firm up and mellow the flavours for 2-3 hours. Add the baking soda and form into patties. Fry in oil until the exteriors are a rich golden brown. Open pita bread around the outside edge. Spread a layer of tahini sauce on one half of the pita. Crumble 3-4 falafels on the sauce. Top with minced radishes, chopped parsley, diced tomatoes, dill pickles, and pickled jalapenos. Roll the pita and serve.