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FALAFEL

makes 24-26 cakes

Soak 24-36 hrs, changing the water halfway through.

Drain:

In a food processor chop the following until it resembles the texture of sand grains.

Do this in 2 batches to ensure effective chopping:

Transfer the chopped chickpea mixture to a large bowl, then add the following, mixing well:

Add the following:

250 ml dry chickpeas (200 g)

*500 ml variety of herbs roughly chopped:
parsley, basil, cilantro*

125 ml white onions, chopped

3 garlic cloves, minced

1 green chilly, chopped

soaked drained chickpeas

10 ml ground cumin

5 ml ground cardamom

2.5 ml ground black pepper

5 ml salt

2.5 ml bicarbonate of soda

185 ml chickpea flour

Enough aquafaba to moisten the mixture—approximately 80 ml*

Shape into 30 g balls, then flatten into cake shapes. Fry in medium-hot shallow oil until golden brown. Serve immediately in a pita salad pocket or on a salad bed with Tahini & Mayonnaise / [Cashew Cream](#) mixture.

It is important to note that true Falafel is made from scratch—dry raw chickpeas soaked 24-36 hours to soften. Tinned chickpeas produce a mushy texture which is not ideal.

**Aquafaba—the water you collect when draining boiled chickpeas (not raw as in this case). Alternatively use the water from a can of chickpeas or just normal water.*