

FALAFEL

with Tahini Sauce

INGREDIENTS

Falafel

300 g	chickpeas, soaked in water overnight
300 g	fava beans, soaked in water overnight
50 g	ground cumin
50 g	ground coriander
70 g	salt
30 g	black pepper
15 g	bicarbonate of soda
7	garlic cloves
6	bunches parsley, leaves picked
3	bunches coriander, leaves picked
200 g	sesame seeds, toasted
	oil, for deep-frying

Tahini sauce

150 ml	tahini
100 ml	lemon juice
2	garlic cloves
450 ml	water

THE METHOD

- 1 Place all the falafel ingredients except the sesame seeds in a blender and pulse until smooth, but still chunky in places.
- 2 Transfer to a large bowl, cover with cling film and chill in the fridge for 1–2 hours.
- 3 Using the palm of your hand, roll the mixture into small balls about the size of a golf ball, then roll them in the toasted sesame seeds.
- 4 Heat the oil in a wide, heavy-bottomed saucepan to 180°C. Carefully lower the falafels into the oil with a slotted spoon. Leave for about 1 minute before turning over. Once they are a rich golden brown, remove with a slotted spoon and drain on kitchen paper.
- 5 For the tahini sauce, place all the ingredients in a blender and pulse until smooth. It should be like pouring cream; keep adding water until it reaches the right consistency.

CHEF'S NOTES

- ✓ Don't skimp on the garlic, herbs and spices—chickpeas need the help. Fry off a little of the mixture to taste for seasoning before cooking the whole lot.
- ✓ Make them bigger and pat them down for hearty veggie burgers, or make them mini for canapés.
- ✓ Choose a good-quality tahini that isn't too stiff or bitter.

SERVING

Serve with salad leaves, pickles and tahini sauce, in or out of a toasted pitta bread pocket (gluten-free pittas are available in most supermarkets).