

FALAFEL

Falafels are not only vegetarian's favourite. Everyone loves Falafel. You can find all sorts of exciting variations, often involving root vegetables, from carrots and sweet potato to beetroots. Who said you shouldn't play with your food?

Falafels can be dull if not given the right care and respect. Chickpeas although nutty and full of vegetable protein, are not going to set the world on fire in the flavour stakes. At least, not without a little help. I know 7 cloves of garlic sounds like a lot. Herbs and spices too, should not be skimmed on. I advise to fry off a teaspoon of the mixture to taste for seasoning, before committing to cooking the whole lot.

Falafels are cheap as chips. You can easily make them a little bigger and pat them down to make hearty veggie burgers or make them mini to turn them into canapes.

I like to serve them with a simple tahini sauce made tahini, lemon juice, garlic, salt and enough water until it's about the consistency of pouring cream. Just mix it all up and taste for zest and seasoning, before drizzling it over your falafels.

INGREDIENTS

300gr chickpeas (soaked in water overnight)
300gr fava beans (soaked in water overnight)
50gr ground cumin
50 gr ground coriander
70gr salt
30gr black pepper
15 gr bi carb soda
7 garlic cloves
6 bunch parsley leaves
3 bunch coriander leaves
200 gr sesame seeds

METHOD

Place all the ingredients in a blender and pulse until smooth, but still chunky in places

Transfer to a large bowl, cover with cling film and place in the fridge to chill for 1-2 hours

Using the palm of your hand, roll the mixture into small balls about the size of a golf ball, then roll them in toasted sesame seeds.

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 the falafels are a rich golden brown, carefully remove them from the oil with a slotted spoon and drain on kitchen paper

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)

TAHINI SAUCE

INGREDIENTS

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

METHOD

This recipe is all about the tahini, so choose a good quality one that isn't too stiff or bitter. Place all the ingredients in a blender. Pulse until it is smooth. It should be like pouring cream. Keep adding extra water until it gets to right form.