

From the kitchen of David and Jennifer Deaven

Sid: falafel.v 1.3 2025/03/02 18:10:19 deaven Exp \$
Servings: 4
sprouts, and yogurt.
5. Serve with pita bread, tabouleh salad, tomatoes,
fry in oil until golden brown.

Vegetarian/Falafel

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- A: 4C cooked chickpeas
2 slices wheat bread
- B: 1 hot red pepper, seeds removed
3-4 sprigs parsley
1t peppercorn
1T cumin seed
- C: 4T tahini
3c garlic, minced
Basil, thyme, marjoram, turmeric
1/2t salt
- D: 2-3 eggs
- E: 1/2C wheat flour
oil for frying
1. Process (A) until coarse.
 2. Process (B) until well ground.
 3. Combine (A), (B), (C) in mixing bowl.
 4. Add (D) one at a time, until the mixture is a thick paste. Form 20mm diameter balls and roll in (E), then



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