

Chef John39s Falafel

Jacob · 29/09/2024



Prep Time

12 hrs

Dificult

Medium

Servings

12 hrs 30 mins

Description

Unlike most of Americas other favorite fast foods falafel is rarely attempted at home which is a shame since its very simple to do and even a relative novice like me can get some very decent results One word of warning you do need to know youre going to have a craving for this a full day before you actually want to eat it

Ingredients

- - 1 cup dry garbanzo beans - ½ yellow onion
- diced - ½ cup chopped fresh flat-leaf parsley - 4 cloves minced garlic - 1 tablespoon all-purpose flour
- or more as needed - 2 teaspoons lemon juice - 1 ½ teaspoons salt
- or to taste - 1 teaspoon ground cumin - ½ teaspoon ground coriander - ¼ teaspoon baking soda - ?
teaspoon cayenne pepper - oil for frying

Instructions

1. Place garbanzo beans into a large container and cover with several inches of cool water; let stand 12 to 24 hours. Drain. Blend garbanzo beans
2. onion
3. parsley
4. garlic
5. flour
6. lemon juice
7. salt
8. cumin
9. coriander
10. baking soda
11. and cayenne pepper together in a food processor
12. scraping down the sides of the bowl as necessary
13. until mixture is finely ground and holds together when pressed. Transfer garbanzo mixture to a bowl
14. cover with plastic wrap
15. and refrigerate until flavors blend
16. 1 to 2 hours. Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Divide dough into 12 portions and roll each with moistened hands into a ball. Working in batches
17. cook falafel balls in hot oil until browned and crispy
18. about 5 minutes. Transfer to a wire rack to drain. Editor's Notes Serve with Tahini Sauce on this site. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
19. ingredient density
20. and the specific type of oil used.