



Taameya Egyptian Falafel

Savannah · 29/09/2024



Prep Time

8 hrs

Difficult

Medium

Servings

8 hrs 35 mins

Description

Taameya Egyptian falafel is an alltime favorite street food in Egypt In most parts of the Middle East falafel is made with ground chickpeas In Egypt however we make it with dried fava beans These are best served with pita bread tomato onions and tahini sauce

Ingredients

- - 2 cups dried split fava beans - 1 red onion
- quartered - ½ cup fresh parsley - ½ cup fresh cilantro - ½ cup fresh dill - 3 cloves garlic - 1 ½ teaspoons ground coriander - 1 ½ teaspoons salt - 1 teaspoon ground cumin - 1 cup sesame seeds (Optional) - 1 quart vegetable oil for frying
- or as needed

Instructions

1. Place fava beans into large bowl and cover with several inches of water. Let soak
2. 8 hours to overnight. Drain. Combine soaked fava beans
3. red onion
4. parsley
5. cilantro
6. dill
7. garlic
8. coriander
9. salt
10. and cumin in a food processor; process to a dough-like consistency. Heat a skillet over medium heat. Add sesame seeds; cook
11. stirring occasionally
12. until toasted
13. about 5 minutes. Transfer to a large plate. Shape fava bean mixture into about 50 balls. Roll balls in sesame seeds to coat. Fill a large saucepan 1/4 full with oil; heat over medium heat. Fry fava bean balls in batches until golden brown
14. 3 to 5 minutes per batch. Drain on paper towels. Recipe Tip You can substitute 1/2 of the fava beans with chickpeas if you are used to that type of falafel. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
15. ingredient density
16. and specific type of oil used.