

# CHEF AT THE MARKET

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## **Falafel**

### **Ingredients**

2 cups soaked chickpeas (chickpeas need to be soaked in cold water for at least 18 hours and up to 24 hours), add more water if necessary  
1 Tbsp olive oil  
3 cloves garlic, chopped  
1 or 2 Serrano chilies, chopped  
2 green onions (white and green part), finely chopped  
3 Tbsp chopped fresh parsley leaves  
3 Tbsp chopped fresh mint leaves  
3 Tbsp chopped fresh cilantro leaves  
1 Tbsp lemon juice  
2 tsp cumin seeds, toasted and ground  
3 tsp coriander seeds, toasted and ground  
Scant 2 tsp baking powder  
1 tsp kosher salt  
Freshly ground black pepper

### **Directions**

Drain chickpeas through a colander and place on a baking sheet lined with paper towels to absorb any excess moisture. Chickpeas should be completely dry.

Heat olive oil in a small sauté pan over medium heat. Add garlic and Serrano chilies and cook until soft, about 3 minutes.

Transfer chickpeas to a food processor. Add garlic mixture, green onions, parsley, mint, cilantro, lemon juice, cumin, coriander, baking powder, salt and pepper. Process until mixture is finely ground, stopping to scrape the bowl every 30 seconds. Transfer mixture to a bowl.

Form chickpea mixture into balls the size of ping pong balls, then flatten to make patties. Cook patties in a non-stick pan for approximately 3 minutes on each side, or until nicely browned and heated through.

Serves 4-6 people. Serve with tzatziki (yogurt) sauce, hummus and tomato relish on the side (see 'Falafel Condiments' recipe).

