

Falafels

Crispy homemade falafels made with chickpeas, fresh herbs, and aromatic spices. Perfect vegetarian protein-packed Lebanese snack that's dairy-free and delicious.

20	10	30	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Falafels

Ingredients

- 1 cup boiled chickpea
- 9 sprig parsley
- 9 sprig cilantro (coriander)
- 1 onion
- 0.5 cup flour
- 1 tbsp fresh lemon juice
- 1.5 tsp baking powder
- 1.5 tsp cumin
- 1 tsp salt
- 0.5 tsp black pepper
- 6 clove garlic
- 6 tbsp sunflower oil

Instructions

- 1 Prepare the falafel mixture**

Add 1 cup dried chickpeas, 9 sprigs cilantro, 9 sprigs parsley, 1 onion (roughly chopped), 6 cloves garlic, 1/2 cup flour, 1 tablespoon lemon juice, 1 1/2 teaspoons baking powder, 1 1/2 teaspoons cumin, 1 teaspoon salt, and 1/2 teaspoon black pepper to a food processor. Pulse 10-15 times until the mixture is coarsely ground with some texture remaining - it should hold together when squeezed but not be smooth like hummus.
- 2** Transfer the mixture to a bowl, cover tightly with plastic wrap, and refrigerate for at least 1 hour or up to overnight. The mixture will firm up and the flavors will develop during this time.
- 3 Heat the oil**

Pour 6 tablespoons vegetable oil into a large, heavy-bottomed skillet and heat over medium-high heat until it reaches 175°C (350°F). Test the temperature by dropping a small piece of the mixture into the oil - it should sizzle immediately and float to the surface.
- 4 Shape the falafels**

Using damp hands, scoop about 2 tablespoons of the chilled mixture and roll into a tight ball, then gently flatten into a disc about 2 inches wide and 1/2 inch thick. Place the shaped falafels on a plate and repeat until all mixture is used - you should have about 12-14 pieces.

- 5 **Fry the falafels**
Carefully place 4-5 falafel discs into the hot oil, leaving space between each one. Fry for 2-3 minutes until the bottom is golden brown and crispy, then flip and fry for another 2-3 minutes until the second side is equally golden.
- 6 Remove the falafels with a slotted spoon and transfer to a paper towel-lined plate to drain excess oil. Repeat the frying process with the remaining falafels, maintaining the oil temperature at 175°C (350°F) throughout.
- 7 Serve the falafels immediately while hot and crispy, or keep warm in a 120°C (250°F) oven for up to 30 minutes before serving.

Tips

Soak dried chickpeas for at least 8 hours or overnight, but don't cook them – the texture relies on raw, soaked chickpeas that will cook during frying.

Let the falafel mixture rest in the refrigerator for 1-2 hours before shaping to allow the flavors to develop and the mixture to firm up for easier handling.

Test your oil temperature with a small piece of the mixture – it should sizzle immediately and rise to the surface when the oil is ready (around 350°F).

Use a small ice cream scoop or falafel scoop to create uniform shapes that will cook evenly and look professional.

Don't overcrowd the pan when frying – this will lower the oil temperature and result in greasy, soggy falafels instead of crispy ones.

Pulse the food processor rather than running it continuously to avoid over-processing the mixture into a paste – you want some texture remaining.

If the mixture seems too dry and won't hold together, add a tablespoon of water at a time rather than more oil or lemon juice.

Fresh herbs make a significant difference in flavor – avoid dried parsley and cilantro if possible, as they won't provide the same bright taste and binding properties.