

# Falafel

Crispy, protein-packed Lebanese falafel recipe. Made with chickpeas, herbs, and aromatic spices. Perfect vegetarian snack ready in 30 minutes!

20	10	30	4	Medium
HAZIRLIK DK	Pİ?IRME DK	TOPLAM DK	PORSİYON	ZORLUK

Falafel

## Malzemeler

- 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

## Yapılı???

- Prepare the mixture**

Add 1 cup chickpeas, 9 sprigs cilantro, 9 sprigs parsley, 1 onion, 6 cloves garlic, 1 tablespoon lemon juice, 1.5 teaspoons baking powder, 1.5 teaspoons cumin, 1 teaspoon salt, and 0.5 teaspoon black pepper to a food processor. Pulse 15-20 times until mixture is coarsely chopped and holds together when squeezed, but still has texture.
- Add 0.5 cup flour and pulse 5-6 more times until just combined.** The mixture should hold together when pressed but not be completely smooth.
- Transfer mixture to a bowl, cover with plastic wrap, and refrigerate for 1 hour.** This helps the mixture firm up and makes shaping easier.
- Heat the oil**

Pour 6 tablespoons oil into a large skillet and heat over medium-high heat until it reaches 175°C (350°F). Test with a small piece of mixture - it should sizzle immediately when dropped in.
- Shape the falafel**

Using wet hands, scoop 2 tablespoons of mixture and roll into a ball, then gently flatten into a disc about 5cm (2 inches) wide. Place on a plate and repeat with remaining mixture.

- 6 **Fry the falafel**  
Carefully add 4-5 falafel discs to the hot oil, leaving space between each one. Fry for 2-3 minutes until golden brown and crispy on the bottom.
- 7 Flip each falafel and fry for another 2-3 minutes until golden brown and crispy all over. Internal temperature should reach 74°C (165°F).
- 8 Transfer cooked falafel to a paper towel-lined plate to drain excess oil. Repeat frying process with remaining falafel, maintaining oil temperature.
- 9 Serve immediately while hot and crispy, or keep warm in a 120°C (250°F) oven for up to 30 minutes.

## ?puçlar?

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Soak dried chickpeas for at least 12 hours or overnight - they should double in size and be easily pierced with a fingernail but still firm.

Don't skip the resting time - letting the falafel mixture chill for 1-2 hours helps it hold together better and develops deeper flavors.

Test fry one falafel first to check the consistency. If it falls apart, add more flour; if it's too dense, add a teaspoon of water.

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

Maintain oil temperature at 350°F (175°C) for perfectly crispy exteriors without greasiness - use a thermometer for accuracy.

Don't overcrowd the pan when frying, as this drops the oil temperature and results in soggy, greasy falafel.

Fresh herbs make a significant difference in flavor - avoid dried herbs and chop them finely for the best texture.

For extra flavor depth, toast whole cumin and coriander seeds, then grind them fresh rather than using pre-ground spices.