

Recipe Name **Crispy Baked Falafel with Tahini Sauce – makes 12 falafel**

Ingredients:

- 1 cup dried chickpeas
- ½ cup small onion, quartered
- 4 cloves garlic
- ¼ tsp. cayenne
- 2 tsp. cumin
- 1 tsp. kosher salt
- ¼ tsp. finely ground black pepper
- ½ tsp. Coriander
- Pinch of cardamom
- ½ tsp. baking soda
- 2 tsp. fresh lemon juice + 2 Tbsp. fresh lemon juice for the tahini sauce
- ½ cup fresh parsley, chopped (or mixture of parsley and cilantro)
- 4 Tbsp. olive oil
- ½ cup tahini

Directions

1. Place the chickpeas in a large bowl or saucepan and cover with water by 3-4 inches. Leave to soak overnight.
2. Pre-heat oven to 375 degrees
3. Rinse and drain the chickpeas. Pour them into a food processor, fitted with the chopping blade. Add the onion, garlic, 2 tsp. lemon juice, baking soda and all herbs (fresh and dried). Pulse until a coarse meal forms. Scrape the sides of the processor, pushing the mixture down the sides. Process till the mixture will hold together when pinched (between couscous and a paste, but more like a paste) Add cold water 1 tablespoon by 1 tablespoon if needed to allow the machine to do its work, but keep the mixture as dry as possible. I have never needed more than 1 Tbsp.
4. Taste and adjust seasoning, adding more salt, pepper or cayenne as needed.
5. Grease a large rimmed baking sheet with 2 tablespoons of the olive oil. Roll the mixture into 12 balls, about 2 Tbsp. each, then flatten them into thick patties. Put the falafel on the prepared pan and brush the tops with the remaining 2 Tablespoons of olive oil. Bake 15 minutes, flip them over and bake 15 minutes more.



RECIPE

6. Meanwhile, place tahini, 2 Tbsp. fresh lemon juice and 6 Tbsp. water into a bowl and whisk thoroughly until smooth. Add salt to taste, whisking to combine. This can also be done in a small blender if you have one. Doing so makes a thicker sauce.

*Serve falafel drizzled with the tahini sauce either in a pita or over a bed of rice and/or greens with Israeli salad and quick pickled onions. Enjoy!