

FALAFEL

NOT VERY ITALIAN, BUT I'VE INCLUDED THIS FOR THE PEOPLE WHO CAME TO LA CHIESA DI SANTO STEFANO ON A FULFILMENT RETREAT – WHERE FOOD HAD TO BE HEALTHY, LOW FAT AND FAIRLY LOW ON CARBS TOO. I PROMISED THE RECIPE TO SEVERAL PEOPLE – SO HERE IT IS!

INGREDIENTS

200	gm	chickpeas - dried
3	cloves	garlic, chopped
40	gm	parsley, chopped
1	handful	coriander leaves, chopped
1		onion, chopped
3		dried chilli, pounded in a pestle and mortar
2	tbsp	chickpea flour
0.75	tsp	baking powder
1.5	tsp	ground cumin
1.5	tsp	ground coriander
1	tsp	salt
2	tbsp	sesame seeds
0.5	tsp	paprika
	to taste	pepper
	for frying	olive oil

INSTRUCTIONS

Soak chickpeas over night. Drain well, and put on kitchen paper to dry out a little.

Put chickpeas in a food processor, and process until very fine - like breadcrumbs - almost, but not quite, to a puree. If you don't do this enough, they won't hold together.

Add garlic, onion, parsley and coriander. Process again until well chopped and blended.

Place in a bowl, and then add spices, chickpea flour (if you can't get this, you can use ordinary plain flour), baking powder, spices and sesame seeds, plus salt and pepper.

Take small amounts of the mixture in your fingers and press together to form small balls or small patties. Traditionally they would be made into small balls and deep fried in vegetable or peanut oil. I always use olive oil and shallow fry, so make them into small patties. About a golf ball size of the mixture is sufficient whichever method you go for. Heat the oil. Place over a medium heat and cook until done, turning as required. These freeze well – both cooked and uncooked. They can be eaten cold, or can be reheated in a hot oven for a few minutes. Delicious with salad, or in a piece of pitta bread.