

Falafel

<http://userealbutter.com/2010/05/16/falafel-recipe/>
after [*this recipe by Mark Bittman*](#)

3-4 cans garbanzo beans, drained (or 1 3/4 cups dried chick peas, soaked for 24 hours)
2 cloves garlic, crushed
4 green onions or 1 small onion
1 tsp ground coriander
1 tbsp cumin
cayenne to taste
1 cup parsley
1 tsp salt
1/2 tsp pepper
1 tbsp lemon juice
6 tbsps flour (omit if using dried chick peas)
oil for frying (something neutral like canola oil)

Combine the beans, garlic, onions, spices, parsley, seasonings, and lemon juice in a food processor and grind it to hell. One cookbook recipe recommends letting the dough sit in the refrigerator to help dry it out. I tried this and had my falafel balls disintegrate upon frying. If this happens to you, you can cheat and stir in flour. Roll the dough into golf ball-size balls. Heat a few inches of oil to 350°F and gently drop a few falafel balls in. Let fry until brown, about 5 minutes. Serve hot. Makes about 4 dozen.