

Recipe

FALAFEL WITH TAHINI SAUCE



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Falafel is a vegetarian or vegan option, which is popular in Belgium, as more people adopt plant-based diets for ethical, environmental or health reasons. Aurore Assaker is an agricultural engineer with a PhD in biogeochemistry. Throughout her career, she has worked as a consultant specializing in water and agriculture and has had the opportunity to travel and immerse herself in many different cultures. Her passion for the environment is at the core of everything she does, but when she have free time, Aurore enjoys cooking.

Falafel ingredients:

- 1 cup (200 g) chickpeas
- 1 cup (200 g) split shelled fava beans
- 2 liters water or 8 cups
- 1 large onion (100 g)
- 1 garlic head
- 1/2 bunch fresh cilantro
- 1 1/2 tsp salt
- 1 tsp 7 spices
- 1 tsp coriander
- 1 tbsp cumin
- 1/2 tsp cayenne pepper
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tbsp lemon juice
- 1/4 cup water
- 4 cups of vegetable oil or more depending on the size of your pan.

Tahini Sauce Ingredients:

- 2 tablespoons Tahini Paste
- 1 cup Lemon Juice
- 2 cloves garlic
- 1/2 teaspoon salt

Falafel Serving Sides and Garnish

- Salty Lebanese Pickles cucumbers, turnips, pickled chilli peppers
- Tomatoes chopped
- Italian parsley chopped
- Pita bread

Instructions

For the Falafel

1. Soak overnight the dried chickpeas and fava beans with 2 liters of water.
2. Drain beans in a colander and rinse under cold water. Transfer to a large bowl.
3. Add onions, garlic, and cilantro to the beans, then mix with rubber spatula.
4. Transfer half of the beans mixture to a food processor and pulse until it resembles a medium coarse grind, scraping down the sides with rubber spatula as needed. Remove to a large bowl and repeat with the second half of the beans mixture.
5. Add salt, baking powder, and spices, then mix well to combine. Add in 1/4 cup water and mix by hands for 2 minutes until well incorporated. Cover

and let rest for 10 minutes. Place the baking soda on top and pour on it the lemon juice. You would need to fry your falafel immediately after adding the baking soda.

6. Preheat the sunflower oil in a medium pan. Scoop the falafel mixture with a small ice cream scoop (1.5 tbsp), then use your hands to shape it into 2 cm thick patty. Fry the falafel until golden brown and fully cooked. Transfer to a plate lined with a paper towel.

Falafel Tahini Sauce Preparation

Mix the Tahini sauce ingredients in the blender until they reach a homogeneous texture.

Sample to ensure a balance of flavor. A good Falafel Tahini sauce should be tangy and garlicky.

Serve as a side/dip.

Putting together a falafel sandwich

While still hot, crush 3 or 4 cooked falafel balls along the diameter of a pita bread, garnish with some chopped parsley leaves, add a tablespoon of Tahini sauce, chopped tomatoes, pickles. Roll and enjoy.



About CROPDIVA

CROPDIVA wants to put 6 underused arable crops back in the fields: oats, hull-less barley for human consumption, triticale, buckwheat, fava beans and lupins. 27 European partners are joining forces to enhance agrobiodiversity in Europe. They will achieve this by focusing on crop diversity and creating local value chains.



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