

FEYNAN ECOLOGE COOKING CLASS RECIPES

We hope you enjoyed your cooking class at Feynan. Please find below the recipes from your class so that you can enjoy a taste of Feynan in your home!

Falafel

Makes around 80 small pieces

Ingredients:

- Chickpeas (dry) ½ kg
- Onions 1 large size
- Garlic 5 cloves
- Parsley (fresh) 50g
- Coriander (fresh) 50g
- Salt 1 tbs
- Chilli powder ½ tsp
- Cumin 1 ½ tbs
- Curry powder 1 tbs
- Caraway powder 1 tbs
- Baking powder ½ tsp
- Water 50ml
- Vegetable oil 1 litre
- Sumac 1 tsp

Preparation

1. Soak the chickpeas in water overnight (at least 6 hours). Drain the water.
2. In a food processor, grind the chickpeas on low speed, slowly adding the pieces of the chopped onion, garlic, parsley and coriander until the mixture is coarsely ground. Remove half of the mix from the food processor and set aside. Re-grind the remaining part until it is smooth, and remove from the food processor. Mix the smooth and coarse portions together.
3. Mix the salt, chilli powder, cumin, baking powder and coriander powder and caraway powder together. Add this spice mixture and the water into the chickpea mix (this can all be mixed by hand). The mix is now ready for frying.
4. In a pot or wok, heat the oil. This will be used to deep fry the falafel. When the oil is hot, you are ready to start the frying process.
5. In the absence of a falafel mould, tablespoons may be used. Dip the tablespoon into water, then fill it with the mixture. Use another spoon to shape the mixture. Slowly drop it into the hot oil, and repeat. Cook each side for roughly 1.5 minutes (until it turns brown). Remove from the oil onto a colander or place on top of a paper towel to soak up any surplus oil.
6. Sprinkle with sumac and enjoy while hot!