

Falafel Patties

Ingredients:

- 250 ml cooked chick peas –
if using canned - half the can
- 25 ml chopped onion
- 1 clove of garlic - minced
- 30 ml fine bread crumbs
- 30 ml chopped fresh parsley and cilantro
- 1 ml each ground cumin, coriander, and turmeric
- Dash cayenne pepper, salt and pepper
- ½ ml baking soda
- Oil for greasing baking sheet



Method:

1. In a food processor, combine chickpeas, onion and garlic. Process with on/off motion until finely chopped but not pureed. Transfer to mixing bowl.
2. Stir in bread crumbs, parsley, cilantro, cumin, coriander, turmeric, and cayenne.
3. Season to taste with salt and pepper. Stir in baking soda.
4. With damp hands, divide mixture into 24 pieces. Roll and flatten into small patties.
5. Place on a lightly oiled, non-stick baking sheet. Or add parchment.
6. Bake at 400 degrees F for 10 -15 minutes or until golden brown.