



Falafel

SOURCE [COOKSILLUSTRATED.COM](https://www.cooksillustrated.com) | SERVINGS 24 FALAFEL (SERVES 4 TO 6)

PREP 8H | COOK 1H 15MIN | TOTAL 9H 15MIN

FALAFEL

8 ounces **dried chickpeas, picked over and rinsed** do not use canned chickpeas

$\frac{3}{4}$ cup **fresh cilantro leaves and stems**

$\frac{3}{4}$ cup **fresh parsley leaves**

$\frac{1}{2}$ **onion, chopped fine**

2 garlic cloves, minced

$1\frac{1}{2}$ tsp **ground coriander**

1 tsp **ground cumin**

1 tsp **salt**

$\frac{1}{4}$ tsp **cayenne pepper**

$\frac{1}{4}$ cup **all-purpose flour** or chickpea flour

2 tsp **baking powder**

2 quarts **vegetable oil, for frying**

TAHINI SAUCE

$\frac{1}{3}$ cup **tahini**

$\frac{1}{3}$ cup **plain Greek yogurt**

$\frac{1}{4}$ cup **lemon juice** 2 lemons

$\frac{1}{4}$ cup **water**

Salt

Optional spices cumin, smoked paprika, etc.

1 This recipe requires that the chickpeas be soaked for at least 8 hours. Use a Dutch oven that holds 6 quarts or more.

2 For the Falafel: Place chickpeas in large container and cover with water by 2 to 3 inches. Soak at room temperature for at least 8 hours or up to 24 hours. Drain well.

3 For the Tahini Sauce: Whisk tahini, yogurt, and lemon juice in medium bowl until smooth. Whisk in water to thin sauce as desired. Season with salt and optional spices to taste; set aside. (Sauce can be refrigerated for up to 4 days. Let come to room temperature and stir to combine before serving.)

4 Process cilantro, parsley, onion, garlic, coriander, cumin, salt, and cayenne in food processor for 5 seconds. Scrape down sides of bowl. Continue to process until mixture resembles pesto, about 5 seconds longer. Add chickpeas and pulse 6 times. Scrape down sides of bowl. Continue to pulse until chickpeas are coarsely chopped and resemble sesame seeds, about 6 more pulses. Transfer mixture to large bowl and set aside.

5 Whisk flour and $\frac{1}{3}$ cup water ($\frac{1}{2}$ cup if using chickpea flour) in bowl until no lumps remain. Microwave, whisking every 10 seconds, until mixture thickens to stiff, smooth, pudding-like consistency that forms mound when dropped from end of whisk into bowl, 40 to 80 seconds. Stir baking powder into flour paste.

6 Add flour paste to chickpea mixture and, using rubber spatula, mix until fully incorporated. Divide mixture into 24 pieces and gently roll into golf ball-size spheres, transferring spheres to parchment paper-lined rimmed baking sheet once formed. (Formed falafel can be refrigerated for up to 2 hours.)

7 Heat oil in large Dutch oven over medium-high heat to 325 degrees. Add half of falafel and fry, stirring occasionally, until deep brown, about 5 minutes. Adjust burner, if necessary, to maintain oil temperature of 325 degrees. Using slotted spoon or wire skimmer, transfer falafel to paper towel-lined baking sheet. Return oil to 325 degrees and repeat with remaining falafel. Serve immediately.

8 Serve the falafel with the tahini sauce as an appetizer or in Pita Bread with lettuce, chopped tomatoes, chopped cucumbers, fresh cilantro, Quick Pickled Turnips and Carrots with Lemon and Coriander, and Tomato-Chile Sauce. Serve the first batch of falafel immediately or hold it in a 200-degree (F) oven while the second batch cooks.