



## Falafel with citrus tahini sauce

YIELD: ABOUT 42 BALLS, 14 PORTIONS 1.7OZ

### INGREDIENTS

Chickpeas, dried 4 cups  
Onion, roughly chopped 4 cups  
Parsley, chopped 1 1/2 cups  
Cilantro, chopped 1 1/2 cups  
Salt 4 tsp.  
Red chili flakes 4 tsp.  
Garlic cloves 16 ea.  
Cumin, ground 4 tsp.  
Baking powder 4 tsp.  
Chickpea flour 1-1 1/2 cups  
Canola oil, for frying as needed  
Garnish  
Lettuce heads, shredded 2 ea.  
Citrus Tahini Sauce (recipe follows) as needed  
Micro Parsley as needed

### DIRECTIONS

1. Place the chickpeas in a large bowl and add enough cold water to cover them by at least 2 inches; soak overnight and then drain.
2. Place the drained, uncooked chickpeas and the onions in the bowl of a food processor. Add the parsley, cilantro, salt, red chili flakes, garlic, and cumin. Process until blended but not puréed—it should look mealy.
3. Sprinkle in the baking powder and 1/2 cup of the chickpea flour, and pulse. Add enough so that the dough forms a small ball and no longer sticks to your hands. Refrigerate, covered, for at least an hour or overnight.
4. Form the chickpea mixture into balls about the size of walnuts, using water to wet hands so the balls don't stick.
5. Heat 3 inches of oil to 375°F in a deep pot or wok and fry 1 ball to test. If it falls apart, mix a little flour into the falafel batter. Fry the balls until golden brown; drain on paper towels.  
  
Alternative cooking method - make 4 inch patties and place on an oiled baking tray. Bake at 375 degrees for 15 to 20 minutes then flip and cook another 15 minutes or until both sides are browned.
6. Place a small mound of lettuce on a plate. Top with a falafel and drizzle of Tahini Citrus and garnish with micro parsley.



## *Citrus tahini sauce*

YIELD: 6 PORTIONS

### INGREDIENTS

Orange juice 7 oz.

Garlic, minced 2 large cloves

Tahini 10.5 oz.

Serrano, finely minced 2 oz. (optional)

Oranges, zested 2 ea.

Salt as needed

Olive oil 1/2 cup, more as needed

### DIRECTIONS

1. Combine all ingredients except the olive oil in a blender. Blend until smooth.
2. Turn the blender to low speed and slowly pour in the oils to emulsify.