

Split Broad Bean Falafel

Season: All

Makes: 40–50 falafels

Fresh from the garden: garlic, lemon, mint, onion, parsley, spring onions

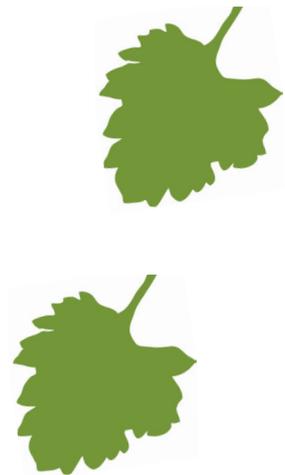
Note: The split dried broad beans (also called fava beans) and chickpeas must be soaked overnight – or, for a quicker method, pour boiling water over and leave to soak for three hours, then drain. Use split dried broad beans so you don't have to skin them after they've been soaked.

Equipment:

metric measuring scales and spoons
2 tea towels
chopping board
cook's knife
bowls – 2 medium, 1 large
fine grater or zester
small frying pan
wooden spoon
mortar and pestle
colander
food processor
mixing spoon
deep non-stick frying pan
dessert spoon
slotted spoon
paper towel
serving dish

Ingredients:

200 g split dried broad beans, soaked and drained
400 g dried chickpeas, soaked and drained
2 tsp cumin seeds
2 tsp coriander seeds
2 tbsp chickpea flour
½ tsp baking powder
1 large handful of parsley, chopped, reserve some for garnish
1 handful of mint, leaves picked and torn
1 small red onion, chopped
2 whole spring onions, chopped
1 garlic clove, finely chopped
zest of a lemon
1½ tsp sumac
1 tbsp salt
vegetable oil, for frying
lemon wedges, to garnish



What to do:

1. Prepare all the ingredients based on the instructions in the ingredients list.
2. Toast the coriander and cumin seeds in a small frying pan over a low heat until aromatic.
3. Cool, grind to a fine powder in the mortar and pestle and set aside.
4. Rinse and drain the split broad beans and chickpeas, and dry thoroughly with a tea towel.
5. Process small batches of the chickpeas and broad beans in the food processor until crumbly. Empty each batch as it's done into the large bowl.

6. Add the chickpea flour and the baking powder to the chickpeas and broad beans, mix to combine and set aside.
7. Put into the food processor the parsley, mint, red onion, spring onions, garlic, lemon zest, sumac and toasted ground spices, and blend to a rough chop.
8. Combine this rough blend with the chickpea-and-broad bean mixture in the large bowl.
9. Add salt, combine well and rest the mix for about 10 minutes.
10. Pour the oil to a depth of about 5 cm into the deep frying pan, and heat*. Do this while the mix is resting.
11. Scoop 1 dessert spoon of the falafel mix and roll into firm ball so it doesn't fall apart while frying. Flatten to form a small disc.
12. Repeat with the rest of the mix.
13. Place the falafels in the hot oil, don't drop them or the hot oil will splash. Cook in small batches until golden brown.
14. Remove the cooked falafels with the slotted spoon and drain thoroughly on paper towels.
15. Place all the falafels on a serving platter, and garnish with lemon wedges and parsley to serve.

