

## Falafel Recipe

adapted from Tori Avey by Laura and Alan Rabishaw

### Ingredients

- 1 lb Dry Garbonzo Beans (must be dry, does not work with canned beans)
- 1 Small Onion, chopped
- 1/4 Cup Parsely
- 1/4 Cup Cilantro (optional)
- 4 cloves garlic
- 1 ½ TBSP Flour or Chickpea Flour
- 1 ¾ tsp Salt
- 2 tsp Cumin
- 1 tsp Ground Coriander
- 1/2 tsp Black Pepper
- 1/4 tsp Cayenne
- 1/4 tsp Cardamom
- Oil for frying (Vegetable, Peanut, Grapeseed and other high smoke point oils work well. NOT OLIVE OIL)

1. Soak Garbonzo Bean Overnight.
2. Drain and Rinse Garbonzos, put in Food Processor with Onion, Garlic, Parsely, (Cilantro), Flour and Spices.
3. Gently Pulse into a COURSE mixture. Mixture should have rice-like texture and hold together like paste. DO NOT OVER PROCESS or you will have hummus!
4. Pour into a bowl. Gently mix, and make sure that there are not unprocessed chickpeas, onions or garlic.
5. Refrigerate mixture for at least one hour.
6. Heat 1 ½ inch of oil in skillet over medium heat (or set up a deep fryer).
7. Shape approximately 2 TBSP of mixture into round balls or small patties. Important to wet hands or use a special "falafel" scoop.
8. Fry to golden brown.

Enjoy fresh out the fryer, or keep in refrigerator for a day or two. Fried falafel freeze well. Eat them on their own, or in a pita with humus, tehini sauce, Israeli Salad, Schug, pickles, french fries, fried eggplant and/or anything else that sounds good!

**Schug (Schoooooog) Recipe (Spicy Green Hot Pepper Condiment)**  
**by Laura and Alan Rabishaw**

Ingredients:

- 1 bunch of Cilantro, leaving behind most of the stems (some are ok)
- 1/2 bunch of Parsley, leaving behind most of the stems (some are ok)
- 6 Serrano peppers (jalapeno is less spicy, add a habanero or two if you like it very spicy)
- 5 or 6 cloves of garlic
- 1 tsp salt, more if desired
- ½ tsp ground cardamom, or 5 or 6 pods
- ½ tsp cumin
- ½ tsp black pepper
- 2-3 TBSP Olive Oil.

- 1) Mix everything in a blender or food processor. Adjust to taste.