



## NYC Falafel

225g dried chickpeas, soaked overnight in cold water

1 tsp salt

1 tsp baking powder

1 tsp cumin seeds

1 tsp ground coriander

½ tsp cayenne pepper

1 garlic clove (crushed)

2 tbsp chopped fresh parsley

juice ½ lemon

vegetable oil for frying

pitta bread, shredded lettuce, pickles and natural yogurt to serve

1. Drain chickpeas and put in a food processor with the salt, baking powder, spices, garlic, parsley and lemon juice. Whizz until very finely chopped (not pureed).
2. Leave for a couple of hours for the flavour to mature.
3. Heat 5cm oil in deep frying pan or wok.
4. Using wet hands shape the mixture in 16 balls and flatten slightly.
5. Take care that the patties do not crack around the edges.
6. Deep fry small batches for approx 4 mins, turning occasionally.
7. Serve warm in pitta with accompaniments.