Falafel

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL TIME
4	About 5 falafel	About 13 g	Overnight + 50 min

Ingredients

- **1/2 lb (225 g) dried chickpeas** (1 generous cup)
- **2 oz (55 g) fresh herb leaves** (about 2 cups), preferably a mix of cilantro, parsley and mint
- **6 scallions** (about 2 oz / 55 g), white and pale green parts only, sliced
- **2 medium garlic cloves**, minced (about 2 tsp / 10 ml)
- **1 teaspoon (4 g) ground cumin**
- **1/2 teaspoon (2 g) ground coriander seeds**
- **2 teaspoons (10 g) kosher salt**, plus more for seasoning
- **2-3 cups (480-720 ml) vegetable oil**, for frying

Directions

1. **Soak.** In a large bowl, cover rinsed chickpeas with enough cold water to allow them to triple in volume. Cover; leave at room temperature **overnight**. Drain, rinse and dry thoroughly in a salad spinner.
2. **Pulse.** Process chickpeas, herbs, scallions, garlic, cumin, coriander and salt until very finely minced, scraping the sides. A squeezed handful should barely hold together; process more if needed.
3. **Chill and shape.** Cover; refrigerate **15 minutes**. Scoop heaping tablespoons and gently shape **about 20 balls**. The fragile mixture will not roll like cookie dough.
4. **Fry.** Heat **3/4 inch oil** in a deep skillet or Dutch oven to **375°F (190°C)**; use a thermometer. Lower balls in batches, leaving space; maintain **350-375°F (175-190°C)**. Let bottoms brown undisturbed, flip with a fork and brown the other side, **about 4 minutes total**.
5. **Drain.** Drain on paper towels and sprinkle with salt.

Store & Reheat

Cooked falafel: refrigerate within **2 hours**; use within **3-4 days**. Freeze flat, then bag, for **up to 3 months**.

Oven:

Thawed: Thaw in the fridge. Preheat **350°F**; place a serving on a baking sheet. First check **8 min**, then every **2-3 min** to **165°F**.

Frozen: Preheat **350°F**; place frozen cooked falafel on a baking sheet. First check **15 min**, then every **2-3 min** to **165°F**.

Air fryer:

Thawed: Thaw in the fridge. Preheat to **350°F**; select **Reheat**; place a serving in one layer in the basket. First check **3 min**, then every **1-2 min** to **165°F**.

Frozen: Preheat to **350°F**; select **Reheat**; place frozen cooked falafel in one layer in the basket. First check **6 min**, then every **1-2 min** to **165°F**.

Microwave:

Thawed: Thaw in the fridge; use a microwave-safe plate and damp paper towel. First check **30 sec**; turn and check every **30 sec** to **165°F**.

Frozen: Use a microwave-safe plate and damp paper towel. First check **1 min**; turn and check every **30 sec** to **165°F**.