

Falafel are tasty balls of chickpeas and herbs. They're crispy outside and soft inside. Falafel are a popular Middle Eastern food.

If you want to know more about falafel, then keep reading, because I'll also share my authentic & simple falafel recipe with you. Plus, I'll teach you how to make fried or baked falafel.

What is Falafel?

Falafel is a tasty and easy-to-make dish that's popular throughout the Middle East. It's a great choice for vegetarians and vegans, as it's made with chickpeas or fava beans, fresh herbs, and spices.

Falafel is thought to have started in Egypt, where Coptic Christians ate it during times of fasting. Today, it's common street food in Egypt and many other Middle Eastern countries.

Falafel is often served in a sandwich with tahini sauce, salad, and eggplant. It's a simple dish that's made with ingredients you can find at your local grocery store.

To make falafel, you'll need chickpeas (or fava beans), fresh herbs like parsley and cilantro, and spices like cumin and coriander. Combine these ingredients, shape them into patties or balls, and fry them in oil.

How to Make Falafel?

Making falafel from scratch isn't just about following a recipe—it's about understanding the process and using the right ingredients. Many people use canned chickpeas, but this can cause the falafel to fall apart during frying. The key to a perfect falafel is using dried chickpeas that have soaked for 24 hours. This method ensures a crispy, fluffy, and flavorful result.

Ingredients You'll Need

Falafel Recipe Most Delicious (Fried or Baked)

- 1 cup dried chickpeas (soaked overnight)
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh cilantro, chopped
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt (adjust to taste)
- 1/2 teaspoon black pepper
- 1/2 teaspoon baking powder
- 1 tablespoon sesame seeds (optional)
- Vegetable oil for frying

Tip: If you want to have the best falafel you should use good spices for this purpose. You can also try with different herbs and spices one what type of soup taste you like most.

Step-by-Step Instructions

Step# 1: Gather Ingredients

First, gather your ingredients: chickpeas any type fresh or tinned, onion, garlic, parsley, coriander, cumin, coriander, cayenne pepper, salt, pepper, baking powder, sesame seeds, vegetable oil and food processor.

Step# 2: Prepare the Chickpeas

If you are using dried chickpeas then you can either purchase them pre-soaked or you can soak them in water overnight. This makes them softer and easier to process, or to be more accurate a lot easier than raw materials that have not undergone any grinding. Wash them out clearly before proceeding further In case the bet is taken on the red color; rinse your eyes out clearly before going further.

Step# 3: Combine the Ingredients

In a food processor, process the chickpeas with the afore-soaked onion, garlic, parsley, coriander; cumin, coriander, cayenne pepper, salt and pepper. Process until you get course mix but not so fine that it has to pass through the food processor. There should be no wetness and stickiness of the mixture, its structure should be thick and slightly crumbly.

Step# 4: Chill the Mixture

Pour it to a bowl and let it cool in the fridge for an hour or so. This makes the flavors to blend together with the mixture also becoming stiff.

Step# 5: Shape the Falafel

After the above mixture is cold pour into it the baking powder and finally the sesame seeds. Stir to combine. Spoon small quantities of the mixture into shapes that you desire, it can be balls or round patties.

Step# 6: Fry the Falafel

Pour vegetable oil to a deep vessel and heat it to 375°F (190°C), up to frying. Slowly submerge the falafel balls in the hot oil. Fry them for 3-5 minutes one side and do another 3-5 for the other side and make sure that they are as crispy and golden brown as possible. Ensure that you do not overcrowd the pan to avoid dropping the temperature of the oil which makes the falafel to be soggy.

Step# 7: Serve and Enjoy

Take the falafel out from the oil using the slotted spoon and keep all the falafel in a plate with the kitchen paper covering them. Enjoy hot and fresh with toppings of your desired choice, including Hummus, Tahini sauce or any vegetable toppings of your choice.

How to Serve Falafel

Falafel is a versatile dish that can be enjoyed in many ways. Here are some popular serving ideas:

1. In a Pita Sandwich

Warm pita bread is ideal for complementing the falafel and a garnish of fresh sides such as arugula, diced tomatoes, and cucumber and topped with tahini sauce. This is the simplest way of having falafel and is quite typical especially if one is busy and does not have time to sit down and eat.

2. As a Platter¹

Serve falafel with side orders like hummus and baba ganoush. To complete the meal, add a side portion of pickles, olives, and fresh vegetable which makes the meal healthy and fulfilling.

3. With Salad

For a lighter meal choice, falafel is perfect to combine with salad. It should be served with greens, tomatoes, cucumbers, and a light lemon vinaigrette. This is a very healthy way to take falafel and it is particularly suitable for taking during summer time.

4. In Breakfast

Traditionally, falafel made from chickpeas is taken for breakfast in Egypt and other Middle Eastern countries. Enjoy it with bread, tomatoes, and olive as a breakfast meal.

Nutritional Value and Facts

Here's a quick look at the nutritional value of falafel (per serving, approximately 93 calories):

- **Total Fat:** 3.8g
- **Saturated Fat:** 0.5g
- **Sodium:** 131mg
- **Total Carbohydrate:** 1.4g
- **Protein:** 3.9g
- **Iron:** 9%
- **Vitamin C:** 8%

It is healthy because it contains protein, fiber, vitamins, and minerals that are very essential

in the body. It is a fulfilling choice for any person to choose plant-based meals that will not only be healthy but tasty.

Last Words

This Falafil recipe is unique because it doesn't use canned chickpeas.

By the way, when using canned chickpeas, there will be too much water and this is why falafel cannot hold its shape when frying.

I recommend you if you have used chips peas, you need to soak them for 24 hours before the best textures. This is a delicious dish, which is also high in protein content.

It contains chickpea, fresh herbs, and spices. The cumin, coriander, and cayenne pepper provide a spicy component, and the parsley and cilantro provide the dish with a fresh touch.

Also very convenient in this recipe it is possible to prepare the falafel mixture for baking beforehand and then freeze it. It is as easy as forming the uncooked falafel into patties and then freezing it for up to a month. They can be fried without having to thaw them; you just have to toss them right from the freezer.

I love this recipe because the meal is easy to prepare and it is also nutritious. Try it today!

FAQs

Can I bake falafel instead of frying it?

Yes, you can bake falafel. Preheat your oven to 350°F, lightly brush the patties with olive oil, and bake for 15-20 minutes, flipping them halfway through.

How do I store leftover falafel?

Store cooked falafel in an airtight container in the fridge for up to 3 days. You can also freeze uncooked patties for up to 1 month.

Can I use canned chickpeas for falafel?

It's best to avoid canned chickpeas because they contain too much moisture. This can cause the falafel to fall apart during frying.

What's the best oil for frying falafel?

Vegetable oil, like sunflower or canola, works well for frying falafel. It has a high smoke point, which is ideal for deep frying.