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Stapleton Road/Old Market

Stapleton Road/Old Market falafels

Serves 2

Ingredients

1 cup dried chickpeas
or 16 oz can of chickpeas
or garbanzo beans
1 large onion, chopped
2 cloves of garlic, chopped
3 tablespoons of fresh parsley,
chopped
1 teaspoon coriander
1 teaspoon cumin
2 tablespoons flour
Salt
Pepper
Oil for frying

Method

Place dried chickpeas in a bowl, covering with cold water. Allow to soak overnight. Omit this step if using canned beans.

Drain chickpeas, and place in pan with fresh water, and bring to the boil. Allow to boil for 5 minutes, then let simmer on low for about an hour. Drain and allow to cool for 15 minutes.

Combine chickpeas, garlic, onion, coriander, cumin, salt and pepper (to taste) in a medium-sized bowl. Add the flour. Mash, ensuring the ingredients mix well together. You can also combine ingredients in a food processor. You want the result to be a thick paste.

Form the mixture into small balls, about the size of a ping pong ball. Slightly flatten. Fry in 2 inches of oil at 350°F until golden brown (5–7 minutes). Serve hot.

Serving suggestions Serve as an appetizer with hummus and tahini, or as a main course. Stuff pitta bread with falafel, lettuce, tomatoes, tahini, salt and pepper. Or form into patties and serve like a burger.

Where you could buy the ingredients From many independent traders in the area.

Thanks to Tariq's Bakery for the recipe