

Falafel simply homemade

Delicious deep-fried, oriental balls made from chickpeas – ideal for dipping, as a salad topping or in a wrap.

Zutaten
4 Portionen

2 Spring onions
3 Garlic cloves
6 Handles Parsley, fresh
6 Handles Coriander, fresh
250 g Chickpea flour
0.5 TL Byodo sea salt, fine
0.5 TL Cumin
0.5 TL black pepper, ground
0.5 TL Paprika powder, hot
1 EL Byodo extra virgin olive oil, from Greece
20 g Sesame seeds, roasted
150 ml Boiling water
Byodo Frying Oil Exquisite

Zubereitung

For the falafel, clean the spring onions and cut into pieces. Peel the garlic cloves. Pluck the parsley and coriander leaves from the stalks. Finely chop everything together.

Mix the chickpea flour with the salt, spices, olive oil and sesame seeds. Add the garlic mix, slowly pour boiling water into the ingredients and mix everything well. Shape the dough into small balls. If the dough is too sticky, simply add a little chickpea flour.

Gradually fry in Byodo frying oil with sesame oil until golden brown and place on kitchen paper to cool.

The Byodo garlic sauce goes perfectly with it as a dip. The falafel also tastes delicious on a summer salad.