



# Falafel

This traditional middle eastern food can now be made gluten-free! Made with our [Nut Flour Blend](#) and [All-Purpose Flour Artisan Blend](#).

## Ingredients

- 1 can garbanzo beans, drained well and dried of excess liquid (15 oz)
- ½ cup onion, chopped fine
- 2 medium cloves garlic, peeled
- 2 TBSP fresh Italian parsley, washed, dried and chopped
- 1 TBSP cilantro, washed, dried and chopped
- 1 tsp dry coriander
- 1 tsp cumin
- 1 tsp salt
- pinch of cayenne (optional)
- 2 TBSP [Pamela's All-Purpose Flour Artisan Blend](#)
- 2 TBSP [Pamela's Nut Flour Blend](#)

## Directions

In a food processor, process garlic to chop it, scrape down sides and add dried garbanzo beans. Pulse 3 short times, until very coarse-looking. Add all seasonings, parsley, cilantro and both flours and pulse until mixed. Do not puree if you want a chunky texture. If you prefer a creamier texture, puree. Add chopped onions and pulse 2 or 3 times, barely mixing; these will moisten the mixture. Put into a bowl and hand mix to incorporate all fully.

Scoop into 1 to 1½" balls and roll in damp hands to compact and smooth a little. Place on a parchment paper lined tray or sheet pan, and cover until ready to cook. See below for directions to deep fry or bake. Falafel will hold in refrigerator for 3 to 4 days before cooking (even if they look a little dry).

### TO FRY

Heat oil, 2½ "to 3" deep, in a high-sided pan or fryer, to 370° (deep fry stage on thermometer). The oil needs to be hot to cook the falafel properly. Once oil is hot, test one falafel; it should sink and come back up boiling. Cook a few at a time for about 1½ to 2 minutes or until golden brown, depending on pan size. It's best if falafel balls do not touch each other in oil. Drain on paper towels.

Serve warm with tahini and hummus, sprinkled with finely chopped parsley and lemon juice, or with your favorite dip.

### TO BAKE

Preheat oven to 350°. Prep a sheet pan by spraying with non-stick spray or rub with a bit of oil.

Scoop and form falafel balls, place on oiled sheet pan with space between, and flatten slightly. Spray or brush with a light coat of oil. Bake about 10 minutes and then use a thin or sharp metal spatula to flip them over. Oil tops again and bake another 10 minutes to until crisp and bottoms are browned.

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