

Falafel

January 11, 2006

Ingredients:

2 cups garbanzo beans
2 cups fava beans
1 cup bulgar wheat mixed with 1 cup hot water
1 tsp cinnamon, toasted
1 tsp cloves, toasted
1 tsp cumin, toasted
1 tsp chopped garlic
1 tbsp dried chives
2/3 cup flour
salt and pepper
olive oil as needed

Directions:

Puree fava beans and garbanzo beans together. Add in bloomed bulgur wheat and puree. Add seasoning and puree. Transfer mixture to bowl and add flour. Form falafel into cakes, similar to crab cakes. Heat oil in a sauté pan and brown falafel. Drizzle with Tzatziki sauce.

Tzatziki Sauce

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Ingredients:

1/2 cucumber, seeded and chopped
1 lb plain yogurt
1 tsp onion powder
1 tbsp chopped garlic
salt and pepper

Directions:

Blend all ingredients well.

Serve two to three Falafels on a bed of romaine lettuce and drizzle the sauce over the Falafels. Delicious and light meal.