

# Lebanese Taverna Falafel

## INGREDIENTS:

1 C Chick Peas, Raw	1 C Fava Beans, Split, Raw
1/4 C Celery	1/4 C Leek
1 Bunch Cilantro, Chopped	1 Bunch Parsley, Chopped
6 Cloves Garlic	1 Med Onion, Quartered
1/2 Tsp Red Pepper, Crushed	1/2 Tsp White Pepper
1/2 Tsp Black Pepper	1 Tsp Ground Coriander
1 Tsp Salt, Or (To Taste)	1 Tsp Ground Cumin
1/2 Tsp Baking Soda	2 C Vegetable Oil, For Frying

## PREPARATION

- 1 THE NIGHT BEFORE... Soak the dried chick peas and the fava beans in three times their volume of water with one teaspoon of baking soda added: the baking soda softens the beans and helps reduce the cooking time.
- 2 Rinse the fava beans well, removing any loose skins. Mix all ingredients together in a food processor or a food grinder till a rough paste.
- 3 Place all the mix ingredients in the falafel gun to create a diamond shape. Place the falafel in the fryer.

ENJOY!

