

SENIOR CHEF

cooking classes for older adults

BAKED FALAFEL

A simple way to prepare delicious falafel. Make more than you need as falafel is great to eat the next day.



Ingredients	12 Falafel
Chickpeas, drained	1 can
Red onion, chopped	1/4
Fresh coriander leaves (optional)	1/2 cup
Olive oil	2 T
Minced garlic	3 t
Ground cumin (optional)	¼ t
Cinnamon (optional)	1/8 t
Salt and pepper	To taste

Method

1. Preheat oven to 180° C.
2. Line a large rimmed baking tray with baking paper or coat with olive oil.
3. In a food processor, or with a hand held blender, combine the chickpeas, red onion, coriander, olive oil, garlic, cumin, cinnamon, salt and pepper. Process until smooth, about 1 minute.
4. Using your hands or a spoon, scoop out about 2 tablespoons of the mixture at a time. Shape the falafel into small patties, about 2 inches wide and ½ inch thick. Place each falafel on your oiled baking tray.
5. Bake for 15 minutes, then remove the falafel from the oven and carefully flip each one. Return to the oven for another 13 to 15 minutes, until the falafels are lightly browned on both sides.

SENIOR CHEF

cooking classes for older adults

Serving Suggestion:

- Fill fresh pita bread pockets with 2-3 falafels, and your favourite vegetables and salad dressing.
- Use the falafels to bulk up a summer salad.
- Serve on a platter as an appetiser.
- Freeze leftover falafel or refrigerate and eat the next day.

Variations:

- Substitute the canned chickpeas for 1 cup dried chickpeas. These need to be rinsed and soaked for at least one hour or overnight.
- Add your favourite spices to the mixture.
- These can be cooked in a fry pan in a layer until browned on each side.

ABBREVIATIONS USED IN RECIPES

t = teaspoon	T = tablespoon	ml = millilitre
g = gram	° C = degrees Celsius	cm = centimetre