**Falafel**

From: <https://www.sandravalvassori.com/wprm_print/homemade-baked-falafel>

**Note:**

You will need 12-24 hours to soak dry chickpeas

**Equipment**

* You will need: Food Processor

**Ingredients**

* 2 cups dried chickpeas do NOT use canned or cooked chickpeas
* 1/2 teaspoon baking soda
* 1 small onion roughly chopped
* 2-3 medium cloves garlic
* 1 tablespoon ground cumin
* 2 teaspoons ground coriander
* 1/2 teaspoon cayenne, optional
* 1 1/2 teaspoons Kosher salt
* 1 teaspoon baking powder
* 1 cup loosely packed parsley leaves (a few thin stems are fine)
* 1 cup cilantro leaves (a few thin stems are fine)
* ¼ cup chickpea flour can use all-purpose, or GF all purpose flour
* extra-virgin olive oil for brushing the pan and the falafel

**Instructions**

1. Place the chickpeas in a large bowl and cover with cold water by 3 inches. Soak for 12-24 hours. Add 1/2 tsp of baking soda to the water and stir; this will help soften the chickpeas. The chickpeas will more than double in size as they soak so make sure you have added enough water.
2. The next day, drain and rinse the chickpeas. Place the onion, garlic, and herbs in a food processor and pulse a couple times to chop them up a little. Add the drained, RAW, chickpeas and process until mixture looks crumbly. You may need to scrape down the sides and pulse a few more times to make sure everything is evenly chopped, being careful not to overmix. It should resemble fine couscous not a smooth paste.
3. Tip the mixture into a bowl, then add the spices, salt and pepper, flour and baking powder and stir together until it’s fully combined. Cover the bowl and place in the fridge for 15 minutes to 1 hour.
4. Once chilled, preheat oven to 375 degrees. Line a baking sheet with parchment paper and grease the paper with olive oil.
5. Form the mixture into 20-23 small discs; I use 2, tightly packed, tablespoons. Place them on the oiled baking sheet and brush the tops with olive oil.
6. Bake for 12-15 minutes on each side or until golden. Serve warm.