

Cooking with Amanda – Mediterranean Foods

Class 1 – Falafel with Tahini Sauce

Falafel

Ingredients:

- 2 cups cooked chickpeas (drained if using canned)
- ¼ cup tahini (sesame butter)
- 2 tablespoons chopped fresh parsley
- 1½ tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- ½ teaspoon salt

Preheat the oven to 375°F. Spray a rimmed baking sheet with nonstick cooking spray.

Place the ingredients in a food processor and process to a coarse paste, scraping down the sides of the bowl as needed. Be wary of adding any more liquid, as this will make the mixture too sticky to roll into balls.

Form the mixture into 1-inch balls or little patties. Place each one on the baking sheet. Bake for 20 minutes.

These can be served warm or cold, in pita pockets with crisp lettuce and chopped or sliced tomatoes and cucumber, and drizzled with tahini sauce. They can also be frozen (separately) for future use.

Tahini Sauce

Ingredients:

- ½ cup tahini – a more liquid brand (eg. Joyva) at room temperature is easiest to whisk
- ¼ cup water, and more as needed
- 1 small clove garlic, minced finely
- ¼ cup lemon juice
- ½ teaspoon cumin (optional)

To get the smoothest consistency, a stick blender is the best tool used in a measuring cup. If you don't have one, use a bowl and whisk. Place all the ingredients in the measuring cup or bowl and whisk until smooth and creamy. The color will turn whiter as you whisk. Add more water as needed to get the desired consistency.

Taste to check the flavors and add more lemon juice for a brighter flavor, a teaspoon of olive oil will dampen sharp flavors.