

FALAFEL: DELICIOUS AND AFFORDABLE

By Ahmad Mansour



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Cairo, Egypt 

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Falafel is the most prominent and popular dish in Egypt. People eat it every day in the lanes, markets, and homes, along with the fava beans dish. It is a common breakfast meal and is known for its affordability, as its main ingredient is beans.



Serves 2

INGREDIENTS

¼ cup fresh parsley
2 ½ cups peeled beans
¼ cup green coriander
¼ cup of dill
8 cloves of garlic
1 tsp of dry coriander
1 onion (medium), chopped
¼ tsp ground cumin
1 tbsp water
½ tsp baking soda
¼ tsp spices
Pinch of salt
1 tbsp oil
½ cup of leeks
Sesame seeds to decorate

METHOD

1. First, wash the beans well with water, making sure they are free of any grit, then soak in warm water for 8 hours.
2. Blend the beans and the vegetables in a blender until smooth.
3. Dissolve the baking soda in the water, then add it to the mixture along with the spices and knead well.
4. Create the falafel by forming small balls, and decorate with sesame.
5. Place the falafel in a pot of hot oil on medium heat for 5 minutes, until tender.
6. Remove from the oil and arrange in a serving dish.
7. Bon appétit!

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