

# A traditional Egyptian delicacy

## FALAFEL



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## Ingredients

- 2 cups dried split fava beans
- 1 red onion, quartered
- ½ cup fresh parsley
- ½ cup fresh cilantro
- ½ cup fresh dill
- 3 cloves garlic
- 1 ½ teaspoons ground coriander
- 1 ½ teaspoons salt
- 1 teaspoon ground cumin
- 1 cup sesame seeds (Optional)
- 1 quart vegetable oil for frying, or as needed

## Directions

1. Place fava beans into large bowl and cover with several inches of water. Let soak, 8 hours to overnight. Drain.
2. Combine soaked fava beans, red onion, parsley, cilantro, dill, garlic, coriander, salt, and cumin in a food processor; process to a dough-like consistency.
3. Heat a skillet over medium heat. Add sesame seeds; cook, stirring occasionally, until toasted, about 5 minutes. Transfer to a large plate.

4. Shape fava bean mixture into about 50 balls. Roll balls in sesame seeds to coat.
5. Fill a large saucepan 1/4 full with oil; heat over medium heat. Fry fava bean balls in batches until golden brown, 3 to 5 minutes per batch. Drain on paper towels.

Falafel's History Culinary historians and anthropologists often disagree about its precise origins, but a substantial amount of evidence attributes the genesis of modern falafel to Egypt. It is believed that Copts, an Egyptian Christian community, initially crafted the dish using fava beans, labeling it 'ta'amiya'.

While the exact origins of falafel are unknown, there are many popular theories. Most of these theories agree that falafel was developed in Egypt. However, the subject of when and by whom is rather contested. Some maintain that it dates back about 1,000 years to the Egyptian Copts, who brought it with them from the Middle East. Others say that falafel can from India in the 6th century.

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