



# Falafels

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

Yield: 50 servings

Serving Size: 3 falafels

## Ingredients

- 250 ml olive oil
- 2.4 kg raw, dried chickpeas (about 12 cups; soak overnight)
- 750 ml diced onion
- 3 bunches parsley (~4 cups)
- 3 bunches cilantro
- 120 mL garlic powder
- 60 ml salt
- 60 ml cumin
- 45 ml coriander
- 15 ml pepper
- 30 ml baking powder

### Tahini Sauce

- 250 ml tahini
- 250 ml water
- Juice of 5 lemons (½ cup)
- 5 ml salt
- 4 cloves garlic, minced.

## Method

### Step 1 (Day before cooking)

Soak chickpeas in three times the water.

### Step 2 (Day of cooking)

Preheat oven to 375 °F. Cover baking trays generously with olive oil (use ~¾ cup for each tray).

### Step 3

Place 1/3 chickpeas in food processor along with 1 cup onion and 1 bunch of cilantro and parsley, 40 ml garlic, 20 ml salt, 20 ml cumin, 15 ml coriander, 5 ml pepper. Blend until smooth. Repeat for two more batches. Place “dough” in fridge for at least one hour (or overnight).

### Step 4

Before baking, mix in baking powder into the “dough”. Shape into 50 small patties (2” wide, ½” thick) and brush with olive oil. Place on baking sheet lined with parchment.

### Step 5

Bake 15 minutes, flip and bake for another 10–15 minutes, until deeply golden on both sides.

### Step 6

Tahini Sauce: Mix all tahini ingredients together and let it sit for at least 30 minutes.

## HACCP

- Cook until internal temperature reaches 74° C for a minimum of 15 sec.
- Cooling: Cool from 74° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.