



From the kitchen of:

Chef Sandra Lewis,
Life At The Table

Falafel Burger

Ingredients:

- 2 cups dried chickpeas
- 5 garlic cloves
- ¼ cup onion slices
- 1 cup cilantro
- 1 cup parsley
- 3 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1/8 teaspoon ground cardamom
- 1 tablespoon baking powder
- Canola oil

Directions: Place dried chickpeas in a large bowl. Cover with at least 6 cups of water. Allow to soak for 18-24 hours. Drain well. Place the chickpeas and the remaining falafel ingredients into the food processor. Grind until the mixture begins to hold together, scraping down the sides of the bowl to ensure an even grind. Take a handful of the mixture and form a ball. If the mixture holds together, it's ready to be formed. If it doesn't hold together, grind it further. Don't add water as this will make the dough too wet and it won't hold together. Form the falafel patties into ¼ inch thick patties.

Heat a medium skillet. When the skillet is hot, add enough oil to generously coat the pan and create a thin layer. When the oil is hot, gently add the falafel patties to the skillet. Cook for a total of around 4 minutes, 2 minutes each side or until browned. Remove to a paper towel to cool.

Servings: 6 burgers

