

Football Falafel

1/2 red onion
1 28oz can chickpeas
1 small bunch parsley
1 small bunch cilantro
4 cloves garlic
1 tsp salt
1/2 tsp cayenne
1 tsp cumin
1 tsp baking powder
1/2 cup rice flour (AP flour works too)

6 tbs veg or canola oil

1 jar tahini

1. Drain and rinse the chickpeas and add them to a food processor. Add red onion, parsley, cilantro, garlic, and spices (except for baking powder). Process until smooth. You'll need to scrape the sides a few times. Small chunks is OK
2. Place mixture into bowl and add baking powder and 1/2 of the flour. Mix well. Keep adding flour 1 tbs at a time until the dough doesn't stick to your fingers anymore.
3. Refrigerate for at *least* 4 hours, preferable overnight
4. Heat 2 tbs of oil in a pan over medium heat. Form the falafel dough into small football shapes (or patties if you want) and fry until golden brown on all sides. Repeat for each batch since they tend to absorb oil quickly. (You can also deep-fry)
5. Draw lines with a toothpick in the shape of football laces in tahini for added effect. Enjoy!