



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mûtevazı Lezzetler® Turkish cooking recipes

Felafil

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2 cups chickpeas
1 big size onion
1 bunch of parsley
3/4 tsp sodium bicarbonate
1 tsp black pepper
1 tsp salt

For Frying:
2 cups vegetable oil

For Upper Side:
1 cup yogurt
2 garlic cloves
1/2 cup water
1/2 tsp salt
1 tsp crushed red pepper

- # Clean the chickpeas and wash them. Add water on it, until the water rises over the chickpeas about 1 inch.
- # The day after, remove the chickpeas from the water. Blend them without cooking to turn it into puree.
- # Add grated onion, sodium bicarbonate, finely sliced parsley, salt and black pepper on it. Knead this mixture for about 2-3 minutes.
- # Fill a wet tablespoon with the prepared mixture and smoothen the surface of this piece, in the spoon, by another spoon and put it into hot oil.
- # When both sides of the pieces gets fried, remove them and place onto the paper towel.
- # Meanwhile, mix the upper side's mixture.
- # Place the balls onto the service plate. Pour the mixture of yogurt and crushed red pepper all over the balls.

Note: Felafil is a world-famous and delicious Syrian recipe.