

# Falafel Sandwich

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## Ingredients:

### Falafel:

1 cup Dried chick peas (kabuli chana)  
2 tbsp Chopped parsley  
2 tbsp Chopped cilantro  
1 Green chili  
¼ inch Piece of ginger  
1 ½ tsp Salt  
1 tsp Cumin seeds  
1 tsp Red chili flakes  
¼ cup Plain Flour (All-purpose)  
Oil to fry

### Tahini Sauce:

¼ cup Sesame seeds  
1 ¼ tsp Salt  
2 tbsp Lemon juice  
2 tbsp Olive oil  
½ tsp Cumin seeds  
2 tbsp Chopped parsley  
2 tbsp Chopped cilantro  
1 Green chili adjust to taste  
Water use as needed

### Also Needed:

2 cup Sliced Lettuce  
2 Chopped Tomatoes  
½ cup Chopped Cucumber

### Pita Bread:

2 cup Plain Flour (All-purpose)  
1 cup Bread Flour  
1 cup Warm water  
1 tsp Active Dry Yeast  
½ tsp Salt  
1 ½ tsp Sugar  
1 tbsp Olive Oil

## Method :

1. Soak the chickpeas in 4 cups of water over night. After soaking chickpeas will be about 2 and half time in volume. Cook in pressure cooker with the 3 cups of water.
2. Cook on medium high heat.
3. As pressure cooker starts steaming turn the heat down to medium and cook for about 4 minutes.
4. Close the heat and wait until steam has stopped before opening the pressure cooker. Chickpeas should be just tender not very soft.
5. Drain the water and let it cool; combine all the ingredients for falafel grind using food processor, mixture should be grainy. If needed add few spoons of water.
6. Divide the mixture in 24 equal parts or make them as desired size patties.
7. Heat oil in a frying pan on medium high heat.
8. The frying pan should have at least 1 ½ inch of oil. To check if the oil is ready, put small piece of dough in oil. The dough should come up but not change color right away.
9. Slowly drop the falafel patties in the oil and fry until they are brown in color both sides. It should take about 5-6 minutes to cook each batch.
10. Keep the patties aside.

### Tahini Sauce:

1. In a small frying pan dry roast the sesame seeds on medium heat for 2-3 minutes.
2. mix all the ingredients and blend to make a pourable paste use water as needed
3. Keep it aside.

## **Pita Bread:**

1. Dissolve the Yeast and Sugar in the warm water.
2. Combine the Plain flour, bread flour and salt in a mixing bowl. Stir in the yeast mixture and knead with oil. Dough shouldn't be sticky, but shouldn't be dry either.
3. Roll out into a Rope and cut into 8 pieces. Roll each pieces till it's anywhere from 6 to 8 inch circle.
4. Preheat oven at 500F and put a pita on a wire cake rack.
5. Cook for 3 minutes or until the bread stops puffing up.