

# Falafel

(Egypt)

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The country Egypt was created on the two sides of the Nile River. The Upper and Lower Egypt. The name Egypt came from the people calling themselves "The People of the Black Land".

The dish most likely originated in Egypt, influenced by similar Indian dishes. There was a legend that fava beans (the beans to make the falafel) were eaten by Copts as early as the 4th century during Lent.

## **Ingredients:**

1 head garlic  
1 bag (2 lbs.) split fava beans (soak at least overnight)  
1 large bunch fresh parsley  
1 large bunch fresh cilantro  
1 medium onion  
Sesame seeds  
Salt to taste

## **Instructions:**

Blend all ingredients, a little at a time, until smooth. If dry, add more onion.

Stir all together.

Add salt to taste (1-2 tablespoons).

To cook, make patties, fry in hot oil, and cover with sesames on top.

**Tips:** Some tips to prepare falafels are to put oil in the pan for the falafels to fry. The way to get the brownish color is by putting oil in the pan before cooking it. Another tip is to keep adding salt to the batter until you taste it. This will bring out the flavors of the other vegetables you put in it.