

# Falafel

Falafel is a big part of Egyptian Cuisine. Most Egyptians start their day with a falafel sandwich or a falafel plate for breakfast or another dish we call foul modames, which is also made from fava beans. Falafel is usually served with tahini sauce and salad in the sandwich, along with pickled cucumber or turnip.

Pickled turnip is delicious and very easy to make. Cut the turnip the same way you would cut french fries and put the pieces in a jar. Add some water, vinegar, salt and crushed red pepper, then mix it all together. Cover tightly and leave it for three days and then it will be ready to eat.

One bag of Fava Beans



Dried Crushed Red Pepper  
optional



2 Leeks



4 Tablespoons of Ground Coriander



2 bunches of Cilantro



2 Tablespoons of Ground Cumin



7 cloves of Garlic



Sesame seeds

Salt

Oil for frying

Water

## Directions

Soak the fava beans in water for 24 hours. In a food processor combine fava beans, the white part of the leeks, cilantro and garlic. Add some water, just to get it going, and blend everything until you have a nice green paste. Add salt, ground coriander and ground cumin. Form the mixture into a ball and decorate with sesame seeds on the top. Deep fry until golden brown.



## Hummus



Hummus is not an Egyptian dish but Egyptians do love it, and it's also very easy to make. If you cook the chick peas it will take you about a day to make, or you can use already cooked cans of peas. I did it the long way, by soaking the chick peas in water for 12 hours, then boiling them in water with one teaspoon of baking soda. Drain them and put them in the food processor with 1/3 cup of Tahini, salt, garlic, and ground cumin. Add a little water just to get it going and blend it until you have a nice soft paste.

Chick peas  
2 cups



Tahini  
1/3 cup



Garlic  
5 cloves



## Baba ghanouj:

Here is how to make babaghanouj which is an Egyptian dish. Wash and then roast 1 whole Eggplant in the oven until it is soft. Put it over an open flame to give it a smoky taste, then peel the skin and cut it in half. Try to get out as much of the seeds that you can. Then put the eggplant in the food processor along with 1/3 of a cup of tahini, 4 cloves of garlic, salt and ground cumin. Blend it until you have a smooth paste.

Eggplant



Tahini



Garlic



## Tahini Sauce:

This is easy to make in no time. Use 1/2 a cup of tahini. Mince two cloves of garlic, then add them to the tahini along with one teaspoon of vinegar, salt and water. Stir the mixture and add water as needed until you get a smooth sauce like what you see in the picture.