

# Thanksgiving Falafel

A vegan and gluten-free protein for Thanksgiving.

1 cup dried chickpeas / garbanzo beans

1/2 red onion

2 stalks celery

2 carrots

2 large garlic cloves

1/2 cup potato starch

1 teaspoon fine sea salt

1 teaspoon dried thyme

1 teaspoon summer savory

1 teaspoon dried sage

1/2 teaspoon rosemary

1/2 teaspoon fresh ground black pepper

1/2 cup sunflower seeds

Mix in just before frying:

1 Tablespoon baking powder

5 cups olive oil, for frying

Cover chickpeas and soak overnight. Drain, rinse, and pat very dry.

DO NOT COOK the chickpeas. DO NOT use canned chickpeas.

They must be raw when making the mixture.

In batches using a food processor, add the chickpeas, onion, garlic, potato starch, herbs, salt and pulse the mixture until very finely minced, but not pureed, scraping the bowl down as necessary. Then add the sunflower seeds and pulse again. It's ok to leave sunflower seeds in larger pieces

than everything else. You should be able to press a handful together and have it hold its shape (it will be loose and a little crumbly).

Transfer the falafel mix to a bowl and cover. Refrigerate for at least 15 minutes to help the balls hold together when cooking. If making ahead, you can refrigerate the mixture for a few days.

Just before frying, add the baking powder to the mixture.

Use a tablespoon or small cookie scoop to scoop out 1 1/2 tablespoons of the falafel mix then gently shape it into a ball and place onto a clean plate. Repeat with as many falafel as you plan to cook. The mix will not act like dough, but will hold its shape.

Add at least an inch of oil to a deep saucepan, cast iron skillet or Dutch oven. The smaller the pan, the less oil you will need. The wider the pan, the more falafel you can cook at one time).

Turn the heat to medium-high and heat the oil to between 375 degrees Fahrenheit.

Fry one falafel ball on its own first to make sure there are no problems. If the ball falls apart, the dough is too wet, add more potato starch and test again with another ball. Please use a cooking thermometer or there will be problems. If the oil is too cold, the balls will absorb too much oil and disintegrate. If the oil is too hot, the outside will burn the inside will be raw. Keep an eye on the thermometer, it's hard to keep the temperature of the oil in that perfect deep fry range between 340-385. Aim at 375.

Fry the falafel in small batches (4-5 at a time), placing them gently into the oil and without crowding in the pan, until they are browned on all sides. Fry for about 3 minutes.

(Be careful not to get even a single drop of water or liquid in the hot oil, as it will splatter, causing injury. If you get burned, soak your skin in apple cider vinegar until it doesn't hurt any more. This prevents blistering.)

Transfer the cooked falafel to a plate lined with paper towel, repeat with the remaining falafel balls. Serve immediately.

For more plant-based recipes see [www.truthaboutnursing.org/vegan](http://www.truthaboutnursing.org/vegan)