



Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Teacup	Chana, whole (Kabuli Chana)	
2	Tablespoon	Parsley	Chopped
2	Tablespoon	Coriander Leaves (Kothmeera)	Chopped
1	Medium	Chillies Green	
1/4	Inch	Ginger	
1, 1/2	Teaspoon	Salt	adjust to taste
1	Teaspoon	Jeera/Cumin Seeds	
1/2	Teaspoon	Chilly Powder, Red	
1/4	Teacup	Flour, All Purpose	
	As Required	Cooking Oil	For frying

Method.

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

The Filafel, can be served with Thahini sauce, and khobz. In a plate mix olive oil, thahini sauce, hamoos and spread the paste on the khobz, press one or two cutlets and roll the khobz into a sandwich, and serve for breakfast.

These taste like our urid dhal ambade (Urid Dhal Bajjeyas)