

Egyptian Falafel

Ingredients

- 1 kg fresh or dried broad (fava) beans
- A handful finely chopped *Allium ampeloprasum* onions
- 3 cloves garlic, minced
- 1 cup chopped parsley and celery
- 1 tsp ground roasted cumin
- 1 tsp ground roasted coriander
- pinch of ground dried or finely chopped fresh chilli
- pinch of salt
- pinch of ground black pepper

Instructions

1. Shell the fresh broad beans or soak and cook the dried beans
2. Mince all the ingredients together as fine as you like
3. Refrigerate for an hour or beat in an egg
4. Heat some olive oil in a pan, form the mixture into small patties and fry until brown