



19 May 22

Estimadas Familias,

Buenas tardes. Well, the end of the year is quickly coming to a close. This year, your child has studied the cultures of Argentina, Perú, China, and Egypt. We have been learning about ancient Egypt and its location, surrounding countries, Egyptian Gods, food, climate, land features, and more. Next week, May 23rd-26th, we will prepare and sample Falafel. Falafel is a traditional vegetarian dish made with either fava beans or chickpeas/garbanzo beans. Fava beans are more common in Egyptian dishes and chickpeas are more common in Israel. Here is the recipe:

1 lb (about 2 cups) dry chickpeas/garbanzo beans – you must start with dry, do NOT substitute canned, they will not turn out.

1 small onion, roughly chopped

1/4C chopped fresh parsley

3-5 cloves garlic

1 ½ tbsp flour

1 ¾ tsp salt

2 tsp cumin

1 tsp coriander

¼ tsp black pepper

Pinch of ground cardamom

Vegetable oil for frying (grapeseed or canola) I will bake these after spraying them with olive oil



Pour the chickpeas into a large bowl and cover them by about 3 inches of cold water. Let them soak overnight. They will double in size as they soak – you will have between 4 and 5 cups of beans after soaking. Drain and rinse the garbanzo beans well.

Pour garbanzo beans into your food processor along with the chopped onion, garlic cloves, parsley, flour, salt, cumin, ground coriander, black pepper, cayenne pepper, and cardamom. Pulse all ingredients together until a rough, coarse meal forms. Scrape the sides of the processor periodically and push the mixture down the sides. Process till the mixture is somewhere between the texture of couscous and a paste. You want the mixture to hold together, and a more paste-like consistency will help with that... but don't overprocess, you don't want it turning into hummus! Cover the bowl with plastic wrap and refrigerate for 1-2 hours.

Fill a skillet with vegetable oil to a depth of 1 ½ inches. I prefer to use cooking oil with a high smoke point, like grapeseed. Heat the oil slowly over medium heat. Meanwhile, form falafel mixture into round balls or slider-shaped patties using wet hands or a falafel scoop. I usually use about 2 tbsp of mixture per falafel. You can make them smaller or larger depending on your personal preference. The balls will stick together loosely at first, but will bind nicely once they begin to fry. Once the falafels are fried, remove them from the oil using a slotted spoon. Let them drain on paper towels. \*\*\*Instead of tossing them into a fryer however, I spray them with olive oil

and place them on a cookie sheet. Slide them into a preheated 425 degree oven for 25-30 minutes, flipping them over half way through the bake to be crispy on both sides.\*\*\*

Serve the falafels fresh and hot; they go best with a plate of hummus and topped with creamy tahini sauce. You can also stuff them into a pita. Creamy White Bean Yogurt Sauce:  $\frac{3}{4}$  cup cooked white beans  $\frac{1}{4}$  cup plain yogurt 1 small garlic clove , coarsely chopped  $\frac{1}{2}$  lemon, juiced 2 T olive oil Kosher salt and freshly ground black pepper. Here is the website that has the full recipe with pictures and directions: <https://www.youtube.com/watch?v=GU2ZObTzP40>

You are more than welcome to join us next week. I can now have two parent volunteers! Just shoot me an email if interested: [whillary@fhps.net](mailto:whillary@fhps.net) Here are the class times: Each class meets from 9:20-10:20. Prindiville meets on Mondays, Jenison meets on Tuesdays, Boersma meets on Wednesdays and Rico meets on Thursdays. For more information, please visit my website at [www.avcultura.weebly.com](http://www.avcultura.weebly.com) Have a great weekend! Ma-salam!

Sinceramente,

Sra. Hillary