

Spiced CHICKPEA FALAFEL

Recipe inspired by & curated to pair with Quails' Gate 2019 Gewürztraminer.



Ingredients

500 gr Dry Chick peas
1 onion, finely chopped
2 garlic cloves, finely chopped
1 bunch parsley, finely chopped
1 bunch Cilantro, finely chopped
1 serrano pepper, seeded
1 tsp ground cumin
1 tsp ground coriander
1/2 tsp ground cardamom
1 tsp baking powder
100 ml Water
1/3 cup Flour (can use GF flour)

Tahini Dressing

500ml tahini 1 clove garlic
100ml water Salt
Juice of 1 lemon
1 tbsp chopped parsley

Recipe

1. Soak chick peas overnight. Drain next day and combine with onion, garlic, serrano pepper, parsley and cilantro.
2. Use a meat grinder to grind the mixture. Add spices, baking powder, salt, flour & water.
3. Mix well by hand until smooth and uniform. Cover and leave in fridge for at least 1 hour.
4. Shape and shallow fry until crispy. Season with salt.

Dressing

1. Put all ingredients in a blender and puree until smooth. Add more water to reach desired consistency.

Roast Cauliflower

1. Cut cauliflower into florets and toss with olive oil & salt and ground cumin.
2. Roast in a 350° F oven until fork tender.
3. Serve with some thinly sliced cabbage tossed in a tangy vinaigrette