

Raw Falafels

Swick

Serves 25 | Active Time: 30 minutes | Total Time: 10 hours

Step 1: Preparing Your Mise en Place

- 1 1/2 cup raw almonds
- 1/2 cup raw walnuts
- 3/4 cup sesame seeds
- 2 cloves garlic
- 3 dates, pitted
- 1/4 cup fresh cilantro
- 1/3 cup flat-leaf parsley
- 2 tbsp fresh oregano
- 2 1/2 tbsp fresh lemon juice
- 2 tbsp olive oil
- 1 1/2 tsp ground cumin
- 1 1/4 tsp sea salt

To prepare your mise en place, start by soaking the almonds and walnuts. Soak in water for a few hours or overnight.

Once you are ready to make the falafels, finely grind the sesame seeds in a spice grinder or food processor. Next, mince the garlic and finely chop the cilantro, parsley and oregano. Lastly, gather the lemon juice, oil, cumin, and salt. Set everything aside.

Step 2: Preparing the Falafels

To make the falafels, drain the almonds and walnuts and place into a food processor along with the dates. Or if using a juicer with a solid plate is also a great equipment option for a smooth and thick pate. Purée the mixture until it becomes as fine as possible.

Place into a mixing bowl and add your mise en place from above. Using your hands, thoroughly mix the ingredients together.

To form the falafels, place a small scoop into your hand and form into a ball. Press your thumb into the center to form an indent.

For raw falafels, dehydrate them for 3 to 4 hours at 115°F (46°C) or until crisp. For cooked falafels, place into a 250°F (120°C) and cook for 30 to 35 minutes or until golden.

Step 3: Making the Tahini Dressing

- 3/4 cup tahini, raw or roasted
- 1 1/4 cup water
- 3 cloves garlic
- 3 tbsp fresh lemon juice
- 1 tbsp toasted sesame seed oil
- 2 1/2 tbsp tamari (2 tbsp + 1 1/2 tsp)
- 2 tbsp nutritional yeast

To make the dressing, place everything into a high-speed blender and blend until smooth.

*Note: This recipe will make more than you need for this dish. Any leftovers will keep for about a week in the refrigerator. This dressing is great on salads, greens, grains or even on potatoes or grilled tofu.

Step 4: Serving the Falafels

- 7 or 8 butter lettuce leaves

To serve the falafels, place a few into a lettuce leaf with some of the tahini dressing.

These also go well with Tabouli Salad (see Rouxbe for recipe) and slices of avocado.