

CHARDONS

DAY 5 – CANAPE

Mini Falafels with Lemon Hummus

(S), (V), (VG), (LF), (GF), (NF)

Serves: 10 Persons



Recipe Ingredients

Falafels

- 1 tin Chickpeas
- 1tsp Frozen garlic
- 1tbsp Chopped parsley
- 1tsp Chopped coriander
- 1tsp Cumin
- 1tsp Paprika
- 1tsp Vegetable stock
- 1tsp Flour / (GF)flour
- Splash Lemon juice
- Salt and pepper to taste

Not suitable for (GF)



Hummus

- 1 tin Chickpeas
- 1tsp Frozen garlic
- Salt and pepper to taste
- Extra virgin olive oil
- Splash Lemon juice

Morning Preparation

10:00am

1. Tip a whole tin of chickpeas into a colander and drain thoroughly. Pat with a little white roll or a tea towel to make sure it is completely dry.
2. Put chickpeas for the falafel into the food processor with all other ingredients. Blitz together, making sure all ingredients are well combined.
3. When the mixture is ready, form it into small patties, cover and place in the fridge to set.
4. To make the hummus, drain and pat dry chickpeas and add them into the food processor with all other ingredients.
5. Blitz well together, slowly adding more olive oil until it has a smooth and runny consistency.
6. Taste for seasoning, add more lemon juice if needed.
7. Place covered in a fridge ready for serving.
8. Start preparing the cheesecake for dessert.

Evening Preparation

6.30pm

9. Take the falafels out of the fridge and coat them lightly in flour/(GF) flour.
10. Fry them in a pan with vegetable oil for 2 minutes each side until golden brown.
11. Set aside on a baking tray ready to be warmed later.

7.10pm

12. Place the falafels on the bottom shelf of the oven for 5 minutes just to warm up.



CHARBONS
To Serve

13. Serve the on a black slate with a teaspoon of hummus on top of each and decorate with chopped coriander.

Dietaries

(GF) – For Gluten Free Guests:

1. Put all the ingredients into the food processor without the vegetable stock, blitz together then remove a portion for each of the gluten free guests. When you have separated a portion for dietary purposes add the vegetable stock to the food processor and blitz for another 1 or 2 seconds
2. With the separate mixture add a pinch of salt and mix with a fork.
3. When coating the falafels in flour please coat the **(GF)** in **(GF)** flour and fry in a separate pan & serve on a separate plate so there is no possibility of cross contamination.

