



Falafel with Preserved Lemon Yogurt, Spicy Pickled Onions and Fresh Mint

Serving:

4 sandwiches

Type:

vegetarian

Author:

Molly Yeh

Notes:

Molly created this bright twist on falafel for Einat Admony's guest chef series at Taim, NYC. One dollar of every special falafel purchased each month is directed to chef's choice of charity. Molly's charity is Hands Of Peace, an organization that fosters understanding among Israelis, Palestinians, and Americans, with the mission for change and peace in the Middle East.

AMEN!

Ingredients:

pita:

1 1/2 c warm water

2 1/4 tsp active dry yeast

1 1/2 tb sugar

1 1/2 tsp kosher salt

3 tb olive oil

3 3/4 c bread flour, plus more for dusting (optional: sub out 1 3/4 c bread flour for 1 3/4 c for whole wheat)

falafel:

1 c dried chickpeas, soaked for 10 hours or overnight and drained

2 tsp cumin seeds, freshly toasted and coarsely ground in a spice grinder

1 tb coriander seeds, freshly toasted and coarsely ground in a spice grinder

1 small onion, coarsely chopped

4 cloves garlic, minced

1/4 c lightly packed cilantro leaves with stems, roughly chopped

1/4 c lightly packed parsley leaves with stems, roughly chopped

1/4 tsp baking soda

1/2 tsp cinnamon

1 tsp kosher salt

black pepper

2 tb flour

1 1/2 tb lemon juice

olive oil or flavorless oil, for frying

yogurt:

1 c plain full-fat greek yogurt

a handful of finely chopped (or pureed) preserved lemon

2 cloves minced garlic

salt and pepper

pickled onions:

1 c warm water

1/2 c apple cider vinegar

1 tsp salt

1 1/2 tb sugar

1 large purple onion, thinly sliced

tabasco sauce

fresh mint salad:

1 part fresh mint leaves

1 part mix of parsley and cilantro

1 part chopped cucumber

olive oil

salt and pepper

a good pinch of sumac

also:

feta cheese, if desired

Directions:

to make the pita:

in the bowl of a stand mixer fitted with a dough hook, mix together the water, yeast, and sugar. let it sit for 5 minutes, or until foamy. with the mixer running on low speed, add the salt and oil, and then gradually add the flour. increase the speed to medium high and mix for 7-10 minutes, adding just enough additional flour so that the dough no longer sticks to the bowl. do not add too much flour. the dough should be smooth and slightly sticky. lightly coat a clean large bowl with oil or cooking spray and then place the dough in the bowl and turn it once or twice to coat it in oil. cover the bowl with plastic wrap and let it rise at room temperature for 2 hours, or until it has doubled in size.

turn the dough onto a clean work surface and divide it into 12 equal pieces. mold each piece into a ball by stretching the top and tucking the edges under. place the balls 1" apart on a piece of parchment paper, cover them with plastic wrap, and let them rise for 30 minutes.

preheat the oven to 500°F and line two baking sheets with parchment.

with a rolling pin, roll out the balls of dough into circles that are 1/4" thick. place them on the baking sheets and bake for about 5 minutes, or until they're puffy and just starting to brown. this will make more pita than you need for the sandwiches but leftovers can be stored in freezer and reheated in a toaster.

to make the falafel:

in a food processor, combine the chickpeas, cumin, coriander, onion, garlic, cilantro, parsley, baking soda, cinnamon, salt, a few turns of pepper, flour, and lemon juice and pulse quickly, about 80-100 times, until the mixture is combined, but still slightly grainy.

in a large skillet, heat 1/4" oil over medium high heat until shimmering but not smoking. form 3-tablespoon sized balls of the falafel mixture, packing them firmly. fry on all sides until golden brown. transfer to a paper towel.

for the yogurt:

whisk together all of the ingredients in a bowl. keep chilled until ready to use.

for the pickles:

whisk together water, vinegar, salt, and sugar. add the onion, cover, and let sit at room temperature for an hour or in the refrigerator overnight. add tabasco sauce to taste.

for the fresh mint salad:

toss herbs and cucumbers with enough olive oil to dress well. season with salt, pepper, and sumac.

to assemble: spread yogurt in a pita, add falafel, pickled onions, mint salad, and feta, if desired. enjoy!