



*Travel the World Through Recipes*

## EGYPT

### Ta'amiyas (Falafel)

While falafels as we know them today around the globe, are exclusively made from chickpeas, original falafels, those from Egypt, are made with fava beans. In fact, the original name of this dish is *ta'amiya*. This recipe was supposedly initially exported via the port of Alexandria to northern Levant, Israel, and it eventually spread across the Middle East. This dish is now considered the national dish of Israel, even if it was not invented in Israel. The origin of ta'amiya remains highly contested. The less disputed origin goes back to the Copts (Christians of Egypt) who used to eat ta'amiya during Lent. The word evolved to falafel Greek word, comes from pha la phel (Φα Λα Φελ) which means "of more beans." While visiting Egypt, we ate ta'amiyas for breakfast. They were delightful.

### INGREDIENTS

- 3 cups dried fava beans
- 1 onion
- 2 scallions
- ½ bunch fresh dill
- 1 bunch parsley
- 1 bunch cilantro
- 6 cloves garlic
- 1 teaspoon baking soda
- 2 teaspoons salt
- 2 tablespoons ground cumin
- 1 teaspoon ground coriander
- 1 tablespoon flour
- ¼ teaspoon chili powder (optional)
- 3 tablespoons sesame seeds (optional)
- 1 tablespoon olive oil
- Vegetable oil (for frying)

## **DIRECTIONS**

1. Soak the dried fava beans overnight in a large bowl filled with water.
2. The next day, drain the fava beans and mix in a food processor until smooth.
3. Transfer to a large bowl.
4. In the same food processor, combine the onion, garlic, parsley, cilantro, 1 tablespoon oil, dill and scallions.
5. Pulse until obtaining a paste.
6. Add this mixture to the fava beans and mix with a spatula.
7. Add cumin, coriander, cayenne, salt, pepper and flour and mix well. If dough is too soft, add more flour, a teaspoon at a time, until firm enough to form balls.
8. Add baking soda just before frying. Mix well.
9. Heat a large pan with vegetable oil.
10. Make small balls out of the bean mixture.
11. Slightly press the balls on both sides and dip in the sesame seeds (optional).
12. Gently place the balls in hot oil to fry. Be careful not to overload the pan.
13. Fry until one side is golden brown, about 4 to 5 minutes. Then turn over and fry on the other side for another 1 to 2 minutes.
14. Remove from the oil with a slotted spoon and place on paper towels.
15. They should be crisp on the outside and soft inside.
16. Serve hot or warm. Enjoy!

*Cook's Notes: Fava beans, also known as broad beans, can be found at international food stores, some Middle Eastern grocery stores, and online retailers.*