



Chick Pea Fritters

INGREDIENTS

1 39 oz can Chick Peas
3 T Gluten Free Flour (or Chick Pea Flour)*
1 Egg, beaten
2+ T Jalapeño, minced
1/3 c Cilantro packed leaved, 2 T chopped
1/2 c Scallions, sliced
1 t salt
¼ t pepper
1/8 t red pepper flakes (more if you like heat)

Tahini Dipping Sauce
½ c Tahini
6 T ice water
3 T lemon juice + zest
2 T scallions, sliced
1 t jalapeño, minced
salt to taste

*if you don't need this to be gluten free, use regular flour

INSTRUCTIONS

1. Slice, chop and mince the aromatics.
2. Mash the chick peas, leaving some larger and smaller pieces for texture.
3. Add the jalapeño, cilantro, scallions and mix until combined.
4. Beat egg with salt, pepper and red pepper flakes and add to chick pea mixture.
5. Add the flour 1 tablespoon at a time and mix until the egg is absorbed and the mixture holds its shape.
6. Using a scoop, choosing the size for the fritter. You can also use molds to ensure consistent sizing. Whichever method you choose, it is important that when forming these to pack them tight so they hold together. (Note: If you want them as appetizers make smaller ones. If you want them as a side dish, make them larger. You can choose super flat so they are crispier, or slightly fatter for the thicker more substantial bite.)
7. Scoop/shape and place onto a sheet tray to refrigerate for ½ hour or freeze for 15-20 minutes. This step helps to keep them together.
8. Add oil to a cast iron pan or fry pan and wait till it's hot. Add the fritters, working in batches so as to not drop the pan temperature. Turn with a small spatula. When done, remove and place on a paper towel. While hot sprinkle with coarse sea salt

Serving suggestions:

- Serve with a tahini dipping sauce
- Serve with a tzatziki sauce
- Great as an appetizer, or on veggie platter.
- Top them with poached or fried eggs, dollop of yogurt