Falafel

beans DIALED

basis dried chickpeas = 250 g

	Ingredient	Grams	Baker's	Total	Method
1	dried chickpeas	250	100.0%	59.8%	Cover chickpeas with enough water to allow for doubling. Let soak for ***8-12 hours*** to fully hydrate.
2	onion, finely chopped	80.0	32.0%	19.1%	Drain and rinse chickpeas and mix in ingredients.
	garlic clove, crushed	3.0	1.2%	0.72%	
	parsley, finely chopped	7.0	2.8%	1.7%	
	cilantro, finely chopped	10.0	4.0%	2.4%	
3					Grind mixture with meat grinder with the finest die. Pass through twice.
4	cayenne pepper	0.5*	0.20%	0.12%	Stir in remaining ingredients until mixed. Refrigerate for at least ***1 hour***.
	cumin, ground	1.2	0.48%	0.29%	
	ground coriander	0.5*	0.20%	0.12%	
	cardamom, ground	0.2*	0.08%	0.05%	
	baking powder	2.0	0.80%	0.48%	
	water	45.0	18.0%	10.8%	
	all purpose flour[1]	15.0	6.0%	3.6%	
	salt	4.0	1.6%	0.96%	
5					Portion mixture into 25g balls (walnut sized) and fry for ***4 minutes*** in ***180 °C*** oil.
	Total	**418**	167.4%	100.0%	

* under 1.0 g: below what the scale weighs reliably

[1]Use unbleached. Bleached flour only for cakes.