

# Falafel



For approx. 40 – 50 pieces

500 g chickpeas, soaked in water for about 12-15 hours

4-5 tablespoons cold water

1 medium onion, finely chopped

5-6 cloves of garlic, mashed

1 parsley bunch, finely cut

1 coriander bunch, finely cut

3 tablespoons flour

1 teaspoon baking soda

2 teaspoons coriander powder

1 teaspoon cumin powder

1 teaspoon paprika powder

1/2 teaspoon of cardamom powder

chili powder, to taste (optional)

salt

sesame seeds, for coating (optional)

sunflower oil for frying

Process the chickpeas with a food processor, add the water, until a paste is obtained, but not mushy and holds itself together (you can also use a mincer/grinder, repeat the process 2-3 times).

In a bowl, mix all the ingredients by hand until smooth and

uniform. Refrigerate for at least an hour.

With wet hands form balls (or patties) the size of a walnut and press them well. Cover them with sesame seeds and fry on both sides, in hot oil, until brown (3-4 minutes on each side). Fry first one piece, if it won't hold together, add more flour to the mixture and try again.

Serve hot with [hummus](#), [pita bread](#), [tahini sauce](#) and mix salad/pickles.

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## Chana Punjabi



For 2 servings:

350 g (a can) cooked chickpeas  
1 onion, finely chopped  
2 tomatoes, finely chopped  
1 clove garlic, mashed  
1 cm ginger, minced (or 1/2 teaspoon ginger powder)  
fresh chili, to taste (or chili powder)  
1 teaspoon mustard seeds (extra, optional)  
1 teaspoon paprika  
1 teaspoon coriander powder  
1/2 teaspoon garam masala

1/4 teaspoon turmeric  
1 tbsp oil  
fresh cilantro (optional)

Heat the oil in a saucepan, add the mustard seeds. Stir fry for 2-3 minutes until they begin to pop. Add the onion, stir fry for a few minutes then add the garlic, coriander, ginger, paprika, chili (chili powder) and tomatoes.

Cook at medium heat until the sauce has reduced, stirring occasionally. If needed, add a little water.

Add the turmeric, garam masala and chick peas and continue to cook for approx. 5 minutes. Add salt to taste and garnish with fresh cilantro.

Serve with boiled rice / [biryani](#) and / or [naan bread](#).

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## Eggplant and chickpea Curry



Eggplant and chickpea Curry

### For 4 servings:

2-3 eggplants, cubed  
300 g cooked chickpeas

1 onion, chopped  
3-4 cloves garlic, finely chopped  
2 cm fresh ginger, grated / 2 tsp. ginger powder  
7-8 tomatoes, finely chopped / 1 can diced tomatoes (400g)  
1 teaspoon cumin seeds  
1/2 teaspoon turmeric  
2 tsp. coriander powder  
chili / cayenne pepper, to taste  
salt, to taste  
1 tablespoon oil

Heat the oil in a pan and add the cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the onions, stir fry for few minutes then add the eggplants, garlic, coriander, ginger, chili and the tomatoes and a little bit of water if needed. Cover and simmer on medium heat, stirring occasionally, until the sauce has reduced and the eggplants are done. Add the cooked chickpeas and turmeric, cook for another 2-3 minutes. Add salt to taste.

Serve with basmati rice/[biryani](#) and/or [naan bread](#).

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## **Sargaborso Leves (Hungarian yellow split pea soup)**



## Sargaborso Leves

### **For 6 servings:**

300 g yellow split peas (chana dal)

1.5 l water

2 onions, finely chopped

2 bay leaves

1 teaspoon paprika powder

3 cloves of garlic, crushed

salt and pepper, to taste

parsley for garnish (optional)

Soak the yellow split peas for at least an hour. Wash and drain.

Cook the peas together with the bay leaves and onions in 1,5 l water. When the peas are cooked add the garlic, paprika powder, salt and pepper.

Garnish with finely chopped parsley and a few drops of olive oil. You can also add croutons.

*Variation:* When the peas are almost done you can add two sliced ☐☐carrots and/or two potatoes, peeled and cubed.

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# Chana dal



Chana dal

For 5-6 servings:

400 g chana dal

$\frac{1}{2}$  kg green beans, cuted (optional)

2-3 bay leaves

3 tomatoes, finely chopped

1 teaspoon cumin seeds

1 teaspoon mustard seeds

chilli / chilli powder, to taste

1 tablespoon oil

salt

fresh coriander, finely chopped and/or hot pepper for garnish (optional )

Soak the chana dal in water for about 1 hour.

Wash the chana dal thoroughly and cook it in water, duble the volume of chana dal, along with the bay leaves. When the chana dal it's almost cooked add the green beans.

Heat the oil in a pan and add the mustard and cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the tomatoes and the chilli. When the tomatoes have softened add them over chana dal, stir it well and cook for another 1-2 minutes.

Garnish with fresh coriander and/or hot peppers.

Serve with basmati rice / [biryani](#) and/or [naan bread](#) .

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## Chickpeas in tomato sauce



Chickpeas in tomato sauce

### For 2 servings:

400 g cooked chickpeas

1 large onion, finely chopped

1 bell pepper, finely diced

2 carrots, sliced

6-7 large tomatoes, peeled and finely chopped / 1 can diced tomatoes

4 cloves of garlic, finely chopped

1 teaspoon dried oregano

1 teaspoon dried basil

1 tablespoon oil

salt and pepper

Sir fry the onion in oil, for 2-3 minutes. Add the ☐☐carrots and very little water. Stir occasionally.

Cook for about 5 minutes then add the green peppers, the

tomatoes and the spices. Cover and simmer. When the sauce has reduced add the chickpeas and the garlic. Cook for another 3 minutes than add salt and pepper to taste.

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## Chickpea salad



Chickpea salad

### For 2-3 servings:

300 g cooked chickpeas  
2 tomatoes, diced  
1-2 cucumbers, diced  
1 bell pepper, sliced  
1 small zucchini, diced  
1 red onion, finely sliced  
parsley, finely chopped  
2 tablespoons olive oil  
the juice of half lemon  
salt and pepper, to taste

Mix all the ingredients!

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# Hummus



225 g cooked chickpeas  
1-2 cloves of garlic, mashed, to taste  
fresh lemon juice, to taste  
2-3 tablespoons olive oil  
2 tablespoons sesame paste (tahini)  
1 teaspoon paprika powder, optional  
parsley, for garnish (optional)  
salt and pepper, to taste

Drain the chickpeas but store the liquid.

Put all ingredients in a blender/ food processor and blend until smooth. If necessary, if the hummus is too thick, add a little bit of liquid from the cooked chickpeas (the hummus should have the consistency of mashed potatoes).

It can be served with bread, olives, [falafel](#), “sticks” of vegetables (bell peppers, kohlrabi, cucumber, etc..).

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# Chickpea and cauliflower curry

