



Online Cooking Class - Homemade Hummus and Falafel



In this live interactive online cooking class with Chef Craig, you will learn how to transform the humble chickpea into two of the most popular Middle Eastern street foods: Hummus and falafel. With Chef Craig's expert instruction and 100% vegan, gluten free, and freezer-friendly recipes for creamy homemade hummus enlivened with lemon and crispy, garlicky falafel studded with a bounty of freshly chopped herbs, you will soon be swearing off the store-bought stuff for good!

Chickpea Hummus

Falafel

- **Recipes** Recipes are sent in your booking confirmation.
- **Ingredients** Ingredients can be adapted for dietary restrictions or lack of availability and can be delivered by your preferred local grocer with the link below.
- **Technology** Connect with the chef using Zoom on your computer, tablet or mobile device.
- **Class Participation** Chime in with questions through audio or chat. Use of video is optional.
- **Event Duration** 75 minutes
- **Labels** Gluten Free, Healthy, International Chefs, Mediterranean, Vegetarian

Ingredients

Dried chickpeas soaked overnight in water
Canned chickpeas
Baking soda
Raw tahini, not roasted
Lemon juice
Medium onions
Garlic cloves
Salt
Fresh parsley or dill
Fresh cilantro
Fresh mint
Ground cumin
Ground coriander
Cayenne pepper, optional
Sesame seeds, optional
Sunflower oil
Water

Kitchen Equipment

One large pot
Food processor
Spider strainer, or tool to remove falafel from hot oil
Falafel ball scoop, optional
Tool to dispose or reserve used frying oil