

BLACK EYE PEA FALAFEL with KALE & BEET TABOULEH SALAD and BRASSICA MUSTARD

These dishes require some planning ahead but are a delicious take on a favorite Mediterranean supper. Farro is very versatile and can be used in hot & cold dishes from soups & stews, to breakfast yogurt and salads. I find it best to cook 2 or more cups at a time and have it on hand to bulk up a given meal easily. In this recipe it is taking the place of bulgur wheat that is traditionally used in Tabouleh, and along with the diced beets makes for a hearty variation. The mint adds a sweet and refreshing lift to the salad- use more if you enjoy its flavor, or add or substitute fresh cilantro.

The brassica mustard is not really a mustard per se, but develops a pungent flavor after a day or 2 in the refrigerator, and is perfect as a replacement for Tahini sauce usually served with falafel. This is best made in a high speed blender such as Vita-Mix so that the leaf fibers are pulverized into very small fragments that create a mustard-like consistency.

This is an overnight recipe.

INGREDIENTS

FALAFEL:

1 pound dry Black Eye Peas

1 Cup fresh Cilantro,
roughly chopped

2-3 ounces Spring Onion,
white part only, roughly
chopped

1 Tablespoon ground Cumin

2 teaspoons Celery Salt

2 teaspoons Garlic Powder

1 teaspoon ground
Coriander

2 teaspoons Baking Soda

2 Tablespoons of Lemon
Juice

DIRECTIONS

Place the black-eyed peas in a container and fill with water so that there is 3 times as much water as beans. Cover and keep at room temperature overnight to soak.

When ready, strain the peas and place in a food processor with remaining ingredients. Pulse until finely chopped but not pureed- you are looking for the peas to be grainy and not smooth like a paste.

Use a small ice cream scoop or spoons to portion out about 24 x 1½ ounce balls, and then shape into tight cylinders. The mixture will be a little loose but will fry up quite well if handled carefully. Prepare ¼ Cup oil in a shallow fry pan over medium heat and place 5 or 6 falafel in the pan at a time. Cook for 3-4 minutes per side before turning over gently with a spatula and pressing down slightly to flatten out.

Transfer onto a baking sheet and repeat with remaining ingredients, adding more oil when necessary. They can be prepared up to this stage and then kept in the refrigerator for several days. When ready to serve, pre-heat oven to 375F, place on the middle rack and heat falafel for 15 minutes.

INGREDIENTS

BRASSICA MUSTARD:

1 pound Broccoli leaves
¼ Cup Lemon Juice
¼ Cup Extra Virgin Olive Oil
1 teaspoon Lemon Salt
1 teaspoon Garlic Powder

KALE & BEET TABOULEH SALAD:

1 bunch White Russian Kale, rinsed & dried
2 Cups cooked Farro, chilled
1 bunch Beets, roasted, peeled and diced
4 ounces Feta Cheese, crumbled
¼ Cup fresh Lemon Juice, about 1 whole Lemon
¼ Cup Extra Virgin Olive Oil
½ teaspoon Salt
1 ounce fresh Mint, finely sliced

DIRECTIONS

Blanch broccoli leaves in boiling water until bright green and wilted, about 40 seconds, transfer using tongs into a bowl of ice water and chill. Squeeze out excess water and allow to drain in a colander for 30 minutes. Bunch the leaves together and squeeze out again any excess water. Roughly chop the leaves and place in a high-speed blender.

Add remaining ingredients and gradually puree until very smooth- I find that the plunging attachment is helpful to do this. It is ready when the blender can just make the product move together- if you are having difficulty blending, add some more oil and/or lemon juice if necessary.

Keep refrigerated in an air tight container for up to 1 week.

Remove the stem from each Kale leaf, then roughly chop a few leaves at a time and transfer into a food processor (all the leaves from an average bunch will fit in, but it may be easier to pulse if the processor is not packed tight).

Pulse the leaves until you have a fluffy chopped Parsley looking product and place in a large mixing bowl.

Add remaining ingredients and combine with a large spoon. Serve straight away.

NOTE: The ingredients can be prepared up to 48 hours ahead and then simply combined when ready.