

CURRIED LENTIL FALAFEL & BASIL EGGPLANT DIP (SERVES 6 TO 8)



SHOPPING LIST:

FALAFEL

- 2 cups Green Lentils (soak 1 ½ cups in cold water overnight, reserve remainder)
- 1 tsp Baking Powder
- 2-3 Ccups fresh Parsley and Scallion combined (total amount 2-3 cups roughly chopped)

TERRA SPICE INGREDIENTS:

- 2 Tbsp [Terra Spice Tomato Powder](#)
- 3 Tbsp [Terra Spice Roasted Garlic & Wild Mushroom Seasoning](#)
- 4 Tbsp [Terra Spice Curry Blend, French, ground, \(vadouvan\)](#) (bloomed in 2 Tbsp warm olive oil)

BASIL EGGPLANT DIP

- 1.5 lbs Eggplant, peeled (yield of 8 oz after cooking)
- ½ cup Lemon Juice
- ¼ Cup Extra Virgin Olive Oil (adding more oil gives the dip a creamier, richer texture)
- Salt
- Basil, fresh, chopped
- OR
- 2 Tbsp [Terra Spice Basil, fine cut, freeze dried](#)
- ¼ tsp Terra Spice Basil Flavor, natural, oil soluble

ADDITIONAL TIPS & INFORMATION

Falafel is a popular Middle Eastern street food that is cuddled into sandwiches or placed on top a bed of pickled vegetables. These deep fried spheres of deliciousness using our earthy spices are usually made from chickpeas. However these two unique recipes use green lentils, eggplant, basil, and curry for an Indian influence. Preparation will require the lentils to soak overnight and then they will be ready for a snack or meal. The accompaniment of making the eggplant dip adds a delightful citrus twist, much different from the usual tahini condiment for falafel.

CURRIED LENTIL FALAFEL & BASIL EGGPLANT DIP PROCEDURES



Bloom the curry powder. Put the curry in a heat proof dish and mix it with 2 Tbsp of olive oil to make a paste. Place the dish in a pan with a small amount of water. Bring to a boil and simmer heating the oil "hot to touch". The water bath will keep the mixture from

going over 210 degree while boiling. The idea is to "activate" the fat-soluble molecules in the blend without altering or burning them.



Cook the $\frac{1}{2}$ cup of lentils in 1 cup of cold water in a small pot covered.

The lentils should be very soft and mushy by the time of cooking. If the lentil is still firm, add a little water and proceed

on cooking. No water should remain however drain the lentils thoroughly. Let cool.

CURRIED LENTIL FALAFEL & BASIL EGGPLANT DIP PROCEDURES



Puree the cooked lentils in a food processor with the bloomed curry, tomato powder, baking powder and roasted garlic and mushroom blend. Season with salt.

Process until the lentil puree is mostly smooth.



Drain the soaked lentils (They should have double in size)

Add the lentils with chopped herbs and keep processing for 30 seconds or so, scrapping the processor bowl occasionally.



The mixture should look like paste.

CURRIED LENTIL FALAFEL & BASIL EGGPLANT DIP PROCEDURES



Make balls about 1 oz each or smaller.

Do not make the portions too big. The falafel must be cook through before getting too brown.

Deep fry at 350 degrees.

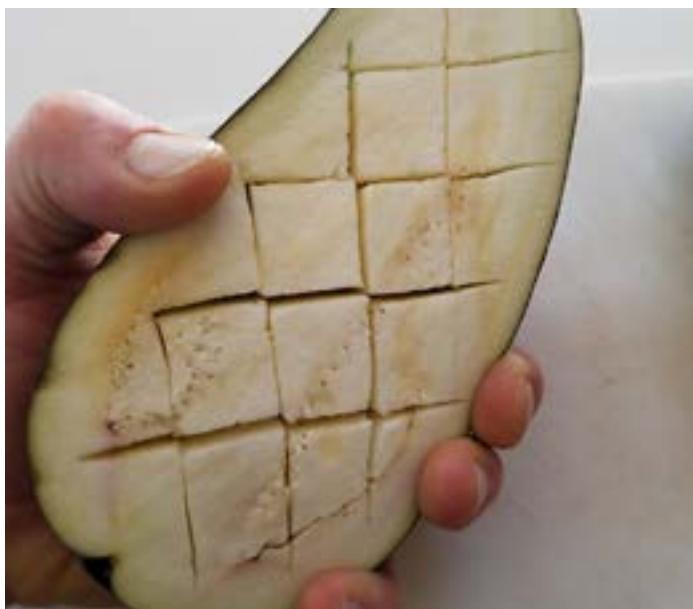
Lower the heat to cook the falafel, for 3 to 4 minutes.

If the falafel tastes chalky and the centers are gooey, deep fry longer or finish in a 320-degree oven on a paper towel or wire rack.

NOTES ON FALAFEL

This dish definitely tastes better freshly made. The falafel mixture can be made a day earlier and kept refrigerated. Keeping in mind, the baking powder may lose its effectiveness as the dough sits. Falafel can be made 2 hours in advance, reheated and without refrigerating. Falafel is high in protein and should be eaten within a couple of hours of reheating. Falafel can also be reheated in the oven the next day after refrigeration of leftovers.

BASIL EGGPLANT DIP



Cut the eggplant lengthwise.

Make cuts diagonally without going through the skin.

Sprinkle salt on the eggplants making sure some salt gets into the cuts.

Let the eggplant sit flat side up, covered on the counter for a few hours to extract water.

CURRIED LENTIL FALAFEL & BASIL EGGPLANT DIP PROCEDURES



Squeeze the eggplants to extract most of the water and salt.



Place the eggplants flat side down on a sheet pan lined with an oiled parchment paper.
Cook in a 350-degree oven for an hour or more or until the flesh of the eggplant is soft.

To finish the cooking process, flip the eggplants to release steam and lightly roast. If the eggplant feels wet, cook it longer in the oven until dry.



Once cooked, let the eggplants cool down and remove the skin using a spoon or a knife. When the flesh is completely cooled, first place lemon juice, olive oil and lastly the eggplant into a blender. Blend until smooth. A food processor can be used however it will not have the same smooth texture as a blender.

Adjust the seasoning with salt to taste if needed. Salt may have been lost during water extraction earlier.

BASIL:

Add chopped fresh basil either after blending or add it while blending. During blending will add a green color to the dip.
A substitute for fresh basil
Combine 2 Tbsp Terra Spice Basil, fine cut, freeze dried and 1/4 tsp of Terra Spice Basil Flavor, natural, oil soluble