

# FALAFEL WITH WHIPPED HUMMUS, SMOKED EGGPLANT, CHARRED TOMATO & MINT AND PITA CHIPS

PAIRED WITH 2023 PRIMITIVO | YIELDS 6 SERVINGS

## SMOKED EGGPLANT

*Yields 6 servings*

2 medium eggplants  
1 small garlic clove, finely grated  
1 ½ tbsp lemon juice  
2 tbsp extra-virgin olive oil  
1 tbsp tahini  
½ tsp kosher salt  
¼ tsp ground cumin  
Black pepper to taste

## TOMATO & MINT

*Yields 6 servings*

1 pint cherry or grape tomatoes  
1 tbsp extra-virgin olive oil  
1/2 tsp kosher salt  
Black pepper  
1 tsp fresh lemon juice  
1 tsp red wine vinegar  
2 tbsp thinly sliced fresh mint  
Optional: pinch Aleppo pepper

## PITA CHIPS

*Yields 6 servings*

3 pita breads  
2 tbsp extra-virgin olive oil  
½ tsp kosher salt  
¼ tsp ground cumin  
Optional: pinch sumac

## METHOD

1. Char the whole eggplants directly over a grill flame or gas burner until the skins are blackened and the flesh completely soft, about 15–20 minutes. Alternatively, roast under a very hot broiler, turning frequently.
2. Place in a bowl, cover, and rest 10 minutes.
3. Peel away the charred skin and drain the flesh briefly.
4. Chop eggplant by hand rather than puréeing completely.
5. Fold in the garlic, lemon, olive oil, tahini, salt, cumin, and pepper.
6. Chill, then bring toward room temperature before serving.

## METHOD

1. Heat a cast-iron pan or grill until very hot.
2. Toss tomatoes lightly with oil.
3. Char tomatoes until blistered and beginning to collapse, but not completely broken down.
4. Remove from heat and season with salt, pepper, lemon juice, vinegar, and Aleppo pepper if using.
5. Cool slightly. Fold in fresh mint just before serving.

## METHOD

1. Heat oven to 375°F.
2. Separate pita rounds into individual layers if you want very thin, delicate chips, or leave intact for sturdier chips.
3. Cut each pita into wedges.
4. Toss lightly with olive oil, salt, cumin, and sumac if using.
5. Arrange in a single layer. Bake 7–10 minutes, turning once, until crisp and lightly browned.
6. Cool completely before storing.

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## FALAFEL

*Yields about 18 small falafel*

- 1 cup dried chickpeas,  
soaked overnight and drained
- ½ small yellow onion, roughly  
chopped
- 2 garlic cloves
- ½ cup packed parsley
- ¼ cup packed cilantro
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/4 tsp cayenne or Aleppo pepper
- 1 tsp kosher salt
- ½ tsp black pepper
- 1 tsp baking powder
- 2 tbsp chickpea flour or  
all-purpose flour
- 1 tbsp lemon juice

## WHIPPED HUMMUS

*Yields 6 servings*

- 1 15-oz can chickpeas,  
drained and rinsed
- 1/3 cup tahini
- 2 tbsp fresh lemon juice
- 1 small garlic clove
- ½ tsp kosher salt
- ¼ tsp ground cumin
- 2 tbsp extra-virgin olive oil
- 3–5 tbsp ice water

## METHOD

1. Process chickpeas, onion, garlic, parsley, and cilantro in a food processor until finely chopped but not puréed.
2. Add cumin, coriander, pepper, salt, baking powder, flour, and lemon juice. Pulse to combine.
3. Refrigerate 30–60 minutes.
4. Form into about 18 small patties or balls.

## FRIED OPTION

1. Heat 1½–2 inches neutral oil to 350°F. Fry the falafel in batches for 3–4 minutes, turning as needed, until deeply golden and crisp.
2. Drain and season lightly with salt.

## BAKED OPTION

1. Heat oven to 425°F convection or 450°F conventional.
2. Generously oil a sheet pan and lightly brush or spray the falafel with oil.
3. Bake 12 minutes, turn, and bake another 8–10 minutes until browned and crisp.

## METHOD

1. Blend chickpeas, tahini, lemon juice, garlic, salt, cumin, and olive oil until smooth.
2. With the processor running, gradually add ice water until very light and creamy.
3. Taste and adjust salt and lemon.
4. Refrigerate until serving.