

Mediterranean **PALEO COOKING**

OVER 150 FRESH COASTAL RECIPES
FOR A RELAXED, GLUTEN-FREE LIFESTYLE



CAITLIN WEEKS, NC & CHEF NABIL BOUMRAR
with **DIANE SANFILIPPO,**
NEW YORK TIMES BESTSELLING AUTHOR OF *PRACTICAL PALEO*

easy paleo falafel

prep time: 10 minutes | cook time: 10 minutes |

serves: 4 | yield: 12 balls

Falafel is a Middle Eastern street food that's thought to have originated in Egypt during times when meat was scarce. It's usually made with chickpeas or fava beans and wheat flour, but we made this recipe Paleo-friendly, without beans or gluten.

1 medium head cauliflower
2 large eggs, beaten
1/2 cup blanched almond flour
fine sea salt and ground black pepper
2 tablespoons chopped fresh parsley
2 teaspoons ground cumin
2 cups sustainable palm shortening or coconut oil
1 recipe Tahini Dipping Sauce (page 393), for serving

1. Core the cauliflower and cut it into florets, discarding the core. Using the shredder blade on a food processor, shred the florets.
2. Place the shredded cauliflower in a steamer pot with a few cups of water over medium heat. Steam the cauliflower for about 5 minutes, until cooked but not mushy. Squeeze the cooked cauliflower in a clean towel over the sink to drain the excess water.
3. Place the cauliflower in a bowl and stir in the eggs, almond flour, a pinch of salt and pepper, the parsley, and the cumin. Mix the ingredients until well combined.
4. Melt the fat in a medium skillet over medium-high heat. The oil should be about 2 inches deep.
5. Form the cauliflower mixture into 2-inch balls and set them on a plate. Stick the end of wooden spoon into the fat; if you see bubbles form around the handle, the fat is hot enough. Carefully lower the balls into the fat with a slotted spoon.
6. Cook the falafel balls for 1 to 2 minutes, until golden brown, and then flip them and cook for another 1 to 2 minutes, until golden brown.
7. Remove the balls from the fat and let them cool on paper towels for 2 minutes. Serve the falafel with the dipping sauce and enjoy.

nut-free	Use 1/3 cup coconut flour in place of the almond flour.
egg-free	Use AIP-friendly modification.
low FODMAP	Use cashew meal in place of the almond flour.
AIP-friendly	Use 1 cup mashed ripe plantains and 1/4 cup coconut flour in place of the eggs and almond flour. Use 1 teaspoon ground ginger in place of the cumin. Use Tzatziki Sauce (page 392) in place of the Tahini Dipping Sauce.
SCD/GAPS	Yes
lower carb	Yes

chef's tip

It may be hard to believe, but I think this dish tastes even better than the original. The dough may seem a little wet before frying, but the egg cooks quickly, creating a firm, satisfying texture.

nutritionist's note

One benefit of making falafel at home is that you can control the quality of oil or fat used. Most restaurants use poor-quality industrial seed oils, which in some people can lead to digestive distress and advanced aging of the skin.



tahini dipping sauce

prep time: 2 minutes | *cook time:* n/a | *yield:* 1 cup

Perfectly creamy and with a hint of garlic, this sauce gets most of its great flavor from the sesame seeds. It makes a delicious salad dressing as well as a dip.

1 cup tahini (sesame seed paste)
fine sea salt and ground black pepper to taste
1/4 cup lemon juice
1 tablespoon garlic powder or 1 clove garlic, minced
1/4 cup chopped fresh cilantro, for garnish

Whisk all the ingredients together in a small bowl with 1/2 cup water. If it's too thick, add more water as needed. It will keep for 4 to 5 days in the refrigerator. Garnish with the cilantro to serve.



nut-free	Yes
egg-free	Yes
low FODMAP	Use 1/4 cup chopped fresh cilantro in place of the garlic.
AIP-friendly	No. Use Tzatziki Sauce (page 392) instead.
SCD/GAPS	Yes
lower carb	Yes