Chickpea Rissoles

Ingredients

225g Dried Organic fair-trade chickpeas

1 egg

3 tablespoons chopped parsley (you can use dried)

1 tablespoon of yellow or red Cape curry paste / or replace with the same amount of red or green pesto

Salt and pepper to taste

Coating

Beaten egg

Bran or panko breadcrumbs

Oil for deep frying

Method

Soak the peas overnight in cold water. Drain and boil the peas in plenty of water for an hour until soft. Do not add salt at this stage as it can make the peas a little tough.

Drain and reserve some of the cooking liquid. Grind or mash the peas depending on how chunky you want the rissoles to be, (you could mash half and process the other half combining the two?) not too chunky or they won’t bind together. Add the remaining ingredients and mix well, check to see if the mixture holds together in your hand when gently squeezed if the mixture falls apart add a touch of the cooking liquid.

Shape the rissoles into the desire shape dip each one in beaten egg and then roll in the bran or panko breadcrumbs.

Chill until ready to use, take out of the fridge and bring to room temperature so that the middle will heat up when the rissoles are fried.

Heat the oil until a small cube of bread dropped in the oil turns golden in about 4 minutes.

Fry the rissoles in small batches this will help prevent break up and a soggy rissole, lets face it none of us need soggy rissoles!!!

The batch will make about 8 for a meal or you could make small ones for a buffet and serve them with a mint and yoghurt dip for a buffet or starter.