



RECIPE OF THE WEEK: 11/07/2022

Chickpea Rissoles (Revithokeftedes)

There are a variety of keftedes, the generic name of meatballs or rissoles in Greek cuisine. The most common are made with pork or lamb mince, grated onion, grated potato and herbs. Other varieties are; patatokeftedes, which are made with potatoes and herbs and kolokythokeftedes, made with courgettes. The most unusual are revithokeftedes, which are made with chickpeas and are truly tasty and delightful. The island that specialises in making this dish is Sifnos.

This is an easy recipe but when executed correctly will result in delicious fluffy chickpea rissoles, which you and the whole family will enjoy as an appetiser or as part of a meze.

Ingredients

(Serves 4-6)

500g dried chickpeas
2 large potatoes, peeled and grated
2 medium onions, peeled and grated
2-3 spring onions with the leaves left on, finely chopped
3 cloves of garlic, minced
a small handful of fresh flat-leaf parsley, finely chopped
a small handful of fresh dill, finely chopped
a small handful of fresh mint, finely chopped
1 medium free-range egg, lightly beaten
1 tsp paprika
3-4 tbsp of flour
olive oil for frying
sea salt and freshly ground black pepper

To garnish

a small bunch of fresh flat-leaf parsley, chopped
1 lemon, quartered



Method

1. Place the chickpeas on a tray. Carefully sift through the chickpeas and remove any stones. Put the chickpeas in a large bowl, cover them with cold water and soak for at least 6 hours or overnight. Drain and rinse.
2. Place the chickpeas in a large saucepan, cover with fresh water and bring to the boil. Skim off any froth with a spoon. Cover the saucepan with a lid and simmer for 40-60 minutes or until the chickpeas are soft. Drain well.
3. Add the potatoes, onions, spring onions and garlic. Mash the mixture. Add the parsley, dill, mint, beaten egg, paprika and flour and season.

4. Mix well, using either a fork or your hands. Shape into walnut-sized balls and press them slightly to make small, round, flat shapes of about 5 cm in diameter. Roll the revithokeftedes in flour and shake them carefully to remove any excess flour.
5. Heat the oil over a medium heat in a large heavy-based frying pan until hot but not smoking. Fry the revithokeftedes in the hot oil on both sides until golden brown. Place them on a platter with kitchen paper to absorb any excess oil.
6. Sprinkle with parsley and serve hot with lemon quarters and yoghurt.
7. You may bake the revithokeftedes instead in a pre-heated oven at 200°C / 180°C fan / gas 6 for 25-30 minutes. Brush them lightly with olive oil and turn them over once so that both sides are golden.

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