

## FALAFEL NOTE-BY-NOTE RECIPE

<b>COMPOUNDS VS INGREDIENTS</b>	
Protein	chickpeas
Propyl thiosulfonates (organosulfur compounds)	onion
Allicin (or diallyl thiosulfinate) 2 cloves of	garlic
1,3,8-p-menthatriene	fresh parsley
2-decenoic acid (leaves ) or linalool (seeds)	coriander
Cuminaldehyde	cumin
Strach + chemical leavening agent (milligrams)	flour
Salt	
Piperine	Pepper
fatty acids	Frying
Green natural colorant agent	Color
Water	Retain the mix of ingredients

### PREPARATION

1. Mix all the above compounds together in different indicated proportions according to intensity of the compound.
2. Add water to form a shapeable paste
3. Form the mixture into small balls, about the size of a ping pong ball. Slightly flatten.
4. Fry in 2 inches of oil at 350 degrees until golden brown (5-7 minutes).
5. Serve hot.

### References:

Mans. Boelens , Pieter J. De Valois , Henk J. Wobben , Arne. Van der Gen Volatile flavor compounds from onion, J. Agric. Food Chem., 1971, 19 (5), pp 984–991

Michael H. Brodnitz , John V. Pascale , Linda. Van Derslice, Flavor components of garlic extract, J. Agric. Food Chem., 1971, 19 (2), pp 273–275

<http://www.compoundchem.com/2014/03/13/chemical-compounds-in-herbs-spices/>