

Finlay

6th January 2015

Oven baked Falafel

Mrs Humphrey



Today we became chefs for the afternoon.



We chopped the onions and garlic so Mrs Humphrey could sauté them. Be careful onions can sting your eyes and they do not taste very nice raw. I also found out that raw garlic is hot.



We mashed the chickpeas with a fork. Good teamwork.



Then we added all the spices, sautéed onions and garlic to the chickpea mix.

We greased the baking trays so the Falafel would not stick.



Now came the messy bit. Hands in and roll the mixture into a ball. Mrs Humphrey then placed them in the oven.



After all that hard work I tried it and I liked it. I really did enjoy cooking. We also found out some interesting facts. Some of the ingredients we used today had to travel along way before it reached our supermarkets.

Onions from Norfolk, Garlic from Spain and the Chickpeas from Italy.

We searched on the iPad to see how long it would take, by car, for the ingredients to get to Sutton. Using the Maps App we used our current position then keyed in each of the above locations.

Norfolk approx. 4 hours 39 minutes - 204 miles

Spain approx. 19 hours 51 minutes - 1,180 miles.

Italy approx. 20 hours 20 minutes - 1,300 miles.