

VEGAN GRAPE MEZZE PLATTER

Yield: 6 Portions

Ingredients	Amounts
<i>Falafel</i>	
Dried chickpeas, soaked overnight	1 cup
Onion, roughly chopped	1 cup
Parsley, chopped	1 cup
Cilantro, chopped	½ cup
Salt	1 tsp.
Garlic cloves	4 ea.
Cumin	1 tsp.
Baking powder	1 tsp.
Flour (if needed)	¼ cup
Red California grapes, halved	12 ea.
Vegetable oil, for frying	as needed
 <i>Baba Ganoush</i>	
Eggplants, large	2 ea.
Green California grapes	1 cup
Tahini	½ cup
Garlic cloves, minced	2 ea.
Lemon, juice of	2 ea.
Pure olive oil, not extra-virgin	2 Tbsp.
Salt	to taste
Black pepper, ground	to taste
Yogurt	½ cup
 <i>Tabbouleh</i>	
Bulgur wheat, cooked	1 cup
Green California grapes, halved	1 cup
Roma tomatoes, diced	1 cup
Green onions, sliced	4 ea.
Parsley, coarsely chopped	3 cups
Mint, washed, coarsely chopped	½ cup
Extra-virgin olive oil	¼ cup
Lemon, juice of	2 ea.
Salt	to taste
 <i>Marinated Black Grapes</i>	
Black California grapes, whole	2 cups
Rosemary, minced	1 Tbsp.
Parsley, minced	2 tsp.
Garlic, slivered	1 Tbsp.
Red pepper flakes	½ tsp

Extra virgin olive oil	¼ cup
Salt	1 tsp.

Garnish

Lettuce, head of, shredded	1 ea.
Whole wheat pita	6 ea.

Method

1. *For the Falafel:* Drain chickpeas.
2. Place the drained, uncooked chickpeas and the onions in the bowl of a food processor. Add the parsley, cilantro, salt, garlic, cumin, and baking powder. Process until blended but not puréed – it should look mealy. Add flour if needed so that the dough forms a small ball and no longer sticks to your hands.
3. Refrigerate, covered, for at least an hour or overnight.
4. Form the chickpea mixture into balls, about the size of walnuts, stuffing two halves of red grapes in the middle, using water to wet hands so the balls don't stick.
5. *For the Baba Ganoush:* Place the eggplants on the top of a pre-heated grill on medium high heat.
6. Char the eggplant on all sides until they are very tender and have lost about half of their original size. Allow eggplants to cool before proceeding.
7. When the eggplant has cooled, scoop the flesh from the charred skin and remove seeds if desired.
8. Place the eggplant, tahini, garlic, grapes, lemon juice, olive oil, salt, pepper, and yogurt in a food processor and purée until smooth.
9. Chill until ready to serve.
10. *For the Tabbouleh:* Combine all ingredients and mix well. Adjust seasoning as necessary with more lemon juice and salt.
11. *For the Marinated Black Grapes:* Heat an oven to 450°F. Place grapes on a sheet pan lined with parchment in the preheated oven for 3 minutes until just starting to soften. Remove and cool to room temperature. Combine all ingredients for the marinated black grapes and mix well.
12. *To Assemble:* Heat 3 inches of oil to 375°F in a deep pot or wok and fry 1 falafel ball to test. If it falls apart, add a little flour.
13. Fry the balls until golden brown; drain on paper towels.
14. Serve all components on a platter with whole wheat pita and lettuce.