



Family Chef: A taste of home

Falafel

by Nurfel, Yayladagi Camp,
Hatay, Turkey

Difficulty: Easy

Preparation time: 5 minutes

Cooking time: 15 minutes

Ingredients:

0.5 kg ground chick peas

1 small onion (cut in little pieces)

2 teaspoons all spice

1 teaspoon cumin

1 teaspoon red pepper

1 teaspoon coriander

2 teaspoons peppermint

1 teaspoon salt

½ teaspoon baking soda



Mix all ingredients with hot water and let them sit for 15 minutes.



Scoop round pieces of falafel paste using a spoon...



or use this special falafel-making tool (so much better!)



Pour oil in a frying pan and wait until it is hot.



Place the falafel pieces in the frying pan.



Et Voila! The falafels are ready.



Chef's tip: Serve falafels with some hummus!



Meet the Chef



Welcome to The World Food Programme's (WFP) Family Chef series. Explore the culinary treasures and cooking abilities of refugees who benefit from WFP's cash-based transfers, an initiative that allows individuals to buy the food they need to cook their traditional dishes.

Nurfel Karaca, 23, fled from Latakia, Syria at the beginning of 2012 with her husband and two children. She currently lives in Yayladagi refugee camp in Hatay, Turkey.

WFP's Berna Cetin visits Nurfel in Yayladagi refugee camp, located just a few kilometers away from Turkey's southern border with Syria.

As I look through old photos with Nurfel in her refugee home in Yayladagi camp, I realize more than ever that the people we help are not mere figures we share in official documents. They come with memories, history and a lifetime left behind. While viewing photos of her house and her village that were saved on her phone, her father's

photo appeared on the screen. She paused for a moment and burst into tears.

"We had to flee from our village, but my father stayed behind," she told me. "Not long after we left, a missile hit our home and then we got the news of his death." I tried to comfort her, but Nurfel explained that she is grateful that she had the chance to see her father a few weeks before his death.

"It was as though my father felt that he was going to pass away because he had said goodbye to all of us in his own way before we fled to Turkey." The homes of many of Nurfel's friends and family were destroyed in the war, but hers is still standing. A few of her relatives who chose to stay in Syria are living there now and contact her regularly to update her on the situation.

"I miss my daily routine back in Syria. Not knowing what is going to happen in the future is frustrating." I ask her if she wants to go back to Syria and she replies with a broken smile: "Everyone's land is dear to them."

