

Three Falafel Sauces

THE SAUCE AND GRAVY



CHANNEL



<https://youtu.be/Nz6Vux9Nwlk>

These three homemade falafel sauces are easy to make, packed with fresh flavor, and perfect for falafels, pita sandwiches, vegetables, wraps, and grilled meats.

The creamy tahini sauce is rich and smooth with balanced garlic and lemon flavor. The dill and cucumber sauce is cool and refreshing with a tzatziki-style freshness. And the zesty lemon sauce delivers a bright, punchy flavor with mint, garlic, and lemon zest.

Each sauce uses simple ingredients and comes together quickly with minimal prep work.

Creamy Tahini Falafel Sauce

Ingredients

3/4 cup (200 g) Greek yogurt

Juice of 1 lemon

1/4 cup (50 g) tahini

1/2 tsp (3 g) salt

2 garlic cloves, minced

Black pepper, to taste

Prep Work

Mince the garlic finely. For stronger garlic flavor, smash the garlic first using the side of a knife or a mortar and pestle before mincing.

Juice the lemon and remove any seeds.

Stir the tahini thoroughly before measuring since natural separation can occur.

To Make the Sauce

Add the yogurt, tahini, minced garlic, lemon juice, salt, and black pepper to a food processor or blender.

Blend until completely smooth and creamy.

Taste and adjust seasoning if needed with additional salt, pepper, or lemon juice.

Transfer to a bowl and refrigerate until ready to serve.

To Serve

Serve over falafels, wraps, pita sandwiches, roasted vegetables, grilled chicken, or rice bowls.

Best served chilled.

Dill and Cucumber Falafel Sauce

Ingredients

1 cup (245 g) Greek yogurt

1 tbsp fresh dill, chopped

1/2 cucumber (85 g), peeled, seeded, and chopped

Salt, to taste

1 tbsp (15 g) mayonnaise

Black pepper, to taste

Prep Work

Peel the cucumber, remove the seeds, and finely chop.

Wash and finely chop the fresh dill.

Measure all ingredients before mixing.

To Make the Sauce

Add the yogurt, cucumber, mayonnaise, dill, salt, and black pepper to a mixing bowl.

Stir thoroughly until fully combined.

Cover and refrigerate for at least 30 minutes before serving to allow the flavors to develop.

To Serve

Serve chilled over falafels, gyros, pita wraps, fresh vegetables, grilled meats, or salads.

Also works well as a dipping sauce for fries or roasted potatoes.

Mince the garlic finely. For stronger garlic flavor, smash the garlic first using the side of a knife or a mortar and pestle before mincing.

Zesty Lemon Falafel Sauce

Ingredients

1/2 cup (120 g) Greek yogurt

Zest of 1 lemon

1 garlic clove, smashed and minced

1/4 tsp (1.5 g) salt

8 fresh mint leaves, finely chopped

1/4 tsp (0.5 g) black pepper

Prep Work

Smash and finely mince the garlic.

Finely chop the mint leaves.

Zest the lemon carefully, avoiding the bitter white pith beneath the peel.

To Make the Sauce

Add the yogurt, garlic, mint, lemon zest, salt, and black pepper to a mixing bowl.

Stir thoroughly until fully combined.

Cover and refrigerate for at least 30 minutes before serving so the flavors can fully develop.

Taste and adjust seasoning if needed before serving.

To Serve

Serve chilled over falafels, wraps, grilled vegetables, chicken, or rice bowls.

This sauce pairs especially well with spicy foods thanks to its bright citrus and fresh mint flavor.

Tips & Substitutions

Greek yogurt creates thicker, creamier falafel sauces, but plain yogurt can be substituted if needed.

Tahini should always be stirred before measuring since the oil naturally separates during storage.

Allowing the sauces to rest in the refrigerator for at least 30 minutes helps the flavors fully develop and blend together.

Fresh lemon juice and zest provide brighter flavor than bottled lemon juice.

For thinner sauces, add a small splash of water or lemon juice until the desired consistency is reached.

Fresh herbs such as dill and mint are strongly recommended for the best flavor, though dried herbs can be substituted in smaller amounts if necessary.

The zesty lemon sauce can be made milder by reducing the lemon zest to half a lemon.

These sauces can be prepared ahead of time and stored refrigerated in airtight containers for roughly up to 3 days.