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## **ISRAELI MANGAL**

“Mangal” refers to the social gathering of family or friends in gardens or picnic areas for the purpose of grilling and feasting! The word mangal is derived from the Arabic word *manqal* meaning "portable" and refers to the portable grill typically used to grill various cuts of meat, such as steak, shishlik and kebab. Roasted vegetables, salads and other cold foods accompany the meal.

### **Marinated Chicken Skewers for the Mangal**

#### **Ingredients:**

2 lbs boneless skinless chicken breasts or thighs  
(I prefer thighs)  
1/4 cup extra virgin olive oil  
3 tbsp freshly squeezed lemon juice  
3 tbsp fresh minced cilantro or parsley I prefer  
cilantro  
2 tsp minced fresh garlic  
1 tsp paprika  
1 tsp salt  
1/2 tsp cumin  
1/4 tsp turmeric  
1/4 tsp cayenne pepper  
You will need 6-8 metal or wooden skewers



#### **Steps:**

1. Cut the chicken into 1 ½ inch strips for skewering. In a small bowl, whisk together the olive oil, lemon juice, cilantro or parsley, crushed garlic, paprika, salt, cumin, turmeric and cayenne pepper. Place the chicken pieces in a glass dish. Pour the marinade over the chicken and stir to coat. Cover with plastic wrap. Place in the refrigerator and let the chicken marinate for at least 2 hours.  
*I suggest you prep the chicken and then tend to your salads and sides. By the time you are ready to grill the chicken will be flavorful and ready. If using wooden skewers, soak them in water while the chicken is marinating.*
2. Generously grease the mangal and heat over medium. Skewer the chicken, evenly divided between 6-8 skewers.
3. Place the skewers on the hot mangal and cook for 10-15 minutes, turning once during cooking, until cooked through. Serve hot.