

Israeli Chicken Skewers



Serves 8 to 16, depending on the rest of the menu

Cutting chicken into ribbons makes bite-sized portions that cook quickly without drying out. Za'atar is the name of both the Israeli herb, which grows wild all over the north, and the dry herb mix made from it.

Ingredients

4 boneless skinless chicken breasts, slightly frozen or very cold

2-3 TBSP extra virgin olive oil

2 TBSP za'atar

Thin bamboo skewers, soaked in cold water

Directions – 4 Steps

Cut the Chicken

You'll need a very sharp knife and it helps if the chicken is partly frozen or at least very cold.

1. Lay the breast flat on your cutting board. Hold it down with your palm.
2. Slice it horizontally in half or thirds, depending on the thickness of the breast.
3. Then cut each slice into 3 strips. You should end up with thin ribbons of chicken.

Assemble the Skewers

4. Thread 2 ribbons on each skewer, weaving the skewer in and out, like you were sewing.
5. Leave a gap between the 2 pieces; cut the skewer in half to make 2 small ones.

Marinate

6. In a rectangular dish; add the olive oil and za'atar to the skewers.
7. If using right away, marinate about ½ hour. If prepping for later; freeze the skewers in single layers, separated by parchment paper.

Grill

8. On the day of the party, let thaw before grilling.
9. Grill over a medium flame for about 5 minutes, turning once, until done, but not dried out. The chicken is thin; it will cook quickly.

Makes 24 to 30 small skewers. Figure on 2-4 per person, depending on the rest of the menu.