



SUYA: THE KING OF MEAT DISHES

By Kenny Oni



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Lagos, Nigeria



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Suya is roasted, skewered meat blended with herbs, spices, and greens. Every state in Nigeria has its own unique local street food, but suya is one that is enjoyed by all and is most common. It is a symbol of culture, a meal unique to the country and adored by Nigerians both at home and abroad.



Makes 12 skewers

INGREDIENTS

680g beef tri-tip steak, cut into bite-size pieces

1 African nutmeg

1 tbsp finely ground roasted peanuts

1 tsp ground cayenne pepper

1 tsp ground paprika

1 tsp salt

½ tsp ground ginger

½ tsp garlic powder

½ tsp onion powder

½ tsp cloves

4 seasoning cubes

For the garnish:

¼ onion, cut into bite-size pieces

2 tomatoes, cut into bite-size pieces

1 cucumber, cut into bite-size pieces

METHOD

1. Mix ground peanuts, cayenne pepper, paprika, salt, ginger, garlic powder, and onion powder in a bowl.
2. Combine spice mixture and beef in a resealable plastic bag; shake until well coated. Marinate in the fridge for about 30 minutes.
3. Preheat the grill to medium-high heat and lightly oil the grate.
4. Place the beef onto skewers.
5. Cook on the preheated grill, flipping once, until the meat it becomes brown.
6. Garnish with the chopped tomatoes, cucumber and onions.
7. Enjoy your suya!

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