

SUYA RECIPE

To See More Details and Pictures, Visit: <https://www.africanbites.com/suyaspicy-grilled-kebab/>

Suya is tender beef threaded on a skewer and then baked or grilled to perfection in a tantalizing spicy peanut sauce. It's the epitome of West African street food, and we never made it at home. Until now!

Prep Time - 15 Minutes

Cook Time - 15 Minutes

Total Time - 30 Minutes

Servings – 7 People, makes 14 skewers

Calories – 300 kcal

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Ingredients

- 2 Pounds (907 g) sirloin steak
- ¼ Cup (38 g) peanuts (or almonds)
- 1 Tablespoon (10 g) garlic powder
- 1 Tablespoon (10 g) onion powder
- 1½ Teaspoon (10.5 g) smoked paprika
- 1 Tablespoon (7 g) white pepper
- ½ - 1 Tablespoon (3.5-7 g) cayenne pepper
- ½ - 1 Tablespoon (3.5-7 g) hot ground pepper or cayenne pepper, optional
- 1 Tablespoon (10 g) chicken bouillon
- 2 Tablespoons (28 ml) vegetable oil, to drizzle on the meat
- Salt to taste

Instructions (See pictures at the link above)

1. Soak the skewers totally submerged in water for at least 20 minutes to prevent them from burning.
2. Heat the oven to 450°F/230°C. Lightly spray or oil baking sheet or roasting pan to prevent the suya from sticking to the pan.
3. Peel roasted peanuts, and then grind them in a coffee grinder with skin on, until finely crushed, being careful not to grind them into a paste.
4. Mix garlic powder, onion powder, smoked paprika, white pepper, cayenne pepper, hot ground pepper, and bouillon (or Maggi) in a medium bowl. Add the ground peanuts to the spice mixture. Set it aside.
5. Pat the suya steaks dry with a paper towel. You want to have a completely dry steak before cooking. Slice the steak diagonally in medium-thin strips and place them in a bowl.
6. Add about 2 tablespoons of oil into the sliced beef, followed by 2-3 tablespoons or half of the suya spice mixture (set aside the rest of the spice rub). Mix everything until fully combined.

7. Cover the bowl with plastic cling wrap and marinate an hour.
8. When ready to cook, thread the strips onto the skewers, about four per skewer, making sure the slices of meat cover the skewers.
9. Rub the skewered steak strips on both sides with the rest of the spice mixture. Then line a roasting or baking sheet with foil and place the skewers on top.
10. Drizzle with oil and bake them for about 12-15 minutes.
11. Optional - For the last 3 minutes of baking, switch the setting from bake to broil to get a nice crisp brown on the outside.
12. You may also grill your suya beef. Brush the grill rack with oil and place the skewered meat on the rack. Brush them with oil and grill for a few minutes or until lightly charred, then turn and grill on the other side – about 3-5 minutes for each side, depending on the thickness of the meat slices.
13. Serve fresh from the oven or grill with onions and tomatoes.

Notes

1. I use mostly sirloin, chuck roast, and ribeye roast, tender, fatty, and beefy meat that's easy to cut into uniform shapes is best.
2. If you partially freeze the beef, it's easier to slice.
3. Soak your wooden skewers in cold water for 20 minutes to make threading the meat easier and keep them from burning.
4. In this recipe, ground peanut is mixed with garlic, onion powder, cayenne, smoked paprika, chicken bouillon powder, white, and hot pepper.
5. **Recipe Update.** Cooking time was reduced from 20 minutes to 15 minutes to produce a juicy and tender suya.
6. Please keep in mind that the nutritional information is a rough estimate and can vary significantly based on the products used in the recipe.

Nutrition

Serving: 2skewers | Calories: 300kcal | Carbohydrates: 5g | Protein: 36g | Fat: 11g | Cholesterol: 68mg | Sodium: 189mg | Iron: 3mg