Nyama Choma with Sukuma Wiki and Ugali

A sunny, communal Kenyan feast: smoky grilled meat, tender greens, and firm maize porridge made for tearing and sharing.

Country, Kenya
Serves 4
Prep Time: 20 minutes / Inactive Time: 30 minutes / Cook Time: 25 minutes

Nyama Choma — Ingredients

2 lb beef chuck cut into 2–3 in pieces
2 T avocado oil
2 cloves garlic, crushed
1 T lemon juice
2 t kosher salt, divided
1 t freshly ground black pepper
1 t paprika (optional)

Sukuma Wiki — Ingredients

1 lb collard greens or kale, stems removed, leaves thinly sliced
2 T avocado oil
1 medium sweet white onion, thinly sliced
2 medium tomatoes, chopped
1 clove garlic, minced
1 small green chili, or jalapeno pepper finely chopped
Kosher salt to taste

Ugali — Ingredients

2 C water
1 C maize meal (fine cornmeal or ugali flour)
Pinch kosher salt

Kachumbari — Ingredients

2 tomatoes, finely diced
1 small red onion, thinly sliced
1 small bunch cilantro, chopped
Juice of 1 lime
1 T olive oil (optional)
Kosher salt and freshly ground black pepper to taste

Method

Nyama Choma

Combine 1 T avocado oil, crushed garlic, lemon juice, 1 t kosher salt, black pepper, and paprika; Toss meat to coat and rest at room temperature 30 minutes or refrigerate up to 4 hours.
Preheat grill to medium-high and oil grates lightly;
Grill meat, turning occasionally, until deeply browned with charred edges and tender; remove and rest 5 minutes.

Ugali

Bring 2 C water and a pinch kosher salt to a boil in a heavy pot; reduce heat to medium-low and gradually sprinkle in 1 C maize meal while stirring constantly to avoid lumps; continue stirring and pressing the mixture against the pot sides until it thickens and pulls away into a firm mass, about 6–8 minutes; shape into a smooth mound and keep warm.

Sukuma Wiki

Heat 2 T avocado oil in a skillet over medium heat and sauté sweet white onion until translucent; add minced garlic and chopped chili and cook 30 seconds, then add chopped tomatoes and cook until softened; add sliced greens and a splash of water if needed and cook, stirring, until wilted and tender; season with kosher salt.

Kachumbari

Mix diced tomatoes, sliced red onion, chopped cilantro, lime juice, 1 T olive oil (optional), kosher salt, and pepper to make kachumbari; chill until serving.

Plate by placing a scoop of ugali at center, arranging nyama choma beside it, spooning sukuma wiki alongside, and serving kachumbari on the side; traditionally tear ugali by hand to scoop meat and greens.

Cultural note

Nyama choma, sukuma wiki, and ugali are a beloved Kenyan trio enjoyed at everyday meals and social gatherings; the meal's communal style—tearing ugali and sharing plates—reflects hospitality and togetherness.