

Vietnamese Beef Pho



The history of phở is a little unclear but it is thought to have originated about a century ago. It was originally sold by street vendors until the first phở restaurant was opened in Hanoi in the 1920s.

There are a number of types of phở in Vietnam. Some are sweeter, spicier, thinner, with or without bean sprouts and the variations are endless.

Large bowls of phở are a breakfast favourite, bought from street stalls but it can be eaten at any time of the day.

INGREDIENTS

For the stock

- " 1kg beef, brisket
- " 1 large onion, with peel
- " 3 ounces fresh ginger, with peel
- " 5 star anise
- " 1 tsp coriander seed
- " 1 tsp peppercorns
- " 1 cinnamon stick
- " 2 tbsp fish sauce
- " 3 litres water

Garnish

- " 80ml fresh lime juice
- " 100g bean sprouts
- " 250g rice vermicelli
- " 20g fresh coriander
- " 20g fresh mint leaves
- " 4 scallions, cut diagonally thinly

METHOD

1. Put all stock ingredients in the inner pot and bring to the boil.
2. Turn down the heat and simmer for 5 minutes with the lid on.
3. Place the inner pot into the insulated outer container and shut the lid.
4. Leave to thermally slow cook without power for a minimum of 3 hours.

To Serve

1. Remove the beef from the stock and thinly slice.
2. Place the slices back into the the stock.
3. Add the lime juice and bring to the boil.
4. Place the noodles in the serving bowls and add enough beef stock from the inner pot to cover.

Leave until tender.

5. Top the noodles with the thin slices of beef.
6. Add some bean sprouts and pour some more stock over until the bowl is almost full.
7. Place some coriander leaves, slices of scallions and chilli on the bean sprouts.
8. The dish is now ready to serve.

NOTE: This recipe is supplied by Chef Dave Knowles from the UK and is described for a 4.5 litre inner saucepan so you will need to adjust quantities if you are using something else.

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