

Recipe of the Week

March 11, 2019



Easy Vietnamese beef pho

Pho (pronounced *fuh*), considered a national dish for the Vietnamese, has gained popularity all around the world for its savory and fragrant flavors. The beauty of pho is that it's all about the broth. Normally, it's a long and tedious process that can take up to almost an entire day (pho'real!); however, with this version, you can get a piping hot bowl of pho on your table in less than 40 minutes!

Ingredients

- 2L (8 cups) beef stock
- 2 thick slices ginger
- 1 onion, thinly sliced
- 2 garlic cloves, sliced
- 3 star anise
- 2 cinnamon quills, lightly bruised
- 2 tablespoons of caster sugar
- 1/3 cups fish sauce
- 375g flat rice noodles
- 400g beef eye fillet, very thinly sliced
- 1 cup bean sprouts
- 1 long red chili, seeds removed, thinly sliced
- 1/3 cup fresh basil leaves, to serve
- 1/3 cup fresh mint leaves, to serve
- 1/3 cup coriander leaves, to serve
- Hoisin sauce, to taste
- Sriracha sauce, to taste
- Lime wedges

Directions

1. Make caramelized onions: In a large skillet Place stock and 2 cups (500ml) water in a saucepan with ginger, onion, garlic, star anise, cinnamon, sugar and fish sauce. Bring to a boil, then reduce heat to low. Cover and simmer for 20 minutes. Strain, discarding solids, then return soup to pan. Cover and return to boil.
2. Meanwhile, prepare noodles according to packet instructions. Drain well.
3. Divide the noodles among warmed soup bowls, then top with the sliced beef fillet. Pour over the hot soup mixture (the heat will gently cook the meat) and top with chili peppers and fresh herbs.
4. Add in Hoisin and Sriracha sauces and squeeze in lime juice to taste. Mix and enjoy!

Recipe adapted from Taste