

## Beef Noodle Pho



### Sirve:

5 Qt. of Seasoned Broth, 4 individual Servings

### Pieza:

Complete Gourmet Collection - 8.5 Qt. Roaster

**Valora:** ☆☆☆☆☆

### Contribuido por:

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### Descripción de la Receta:

Pho is a popular Vietnamese soup. Pho refers to the white rice noodles in the soup. Use fresh, Bahn pho noodles if you can find them, or substitute for cooked dried noodles. The distinctive flavors come from a slow-simmered bone broth infused with spices, onions, ginger and fish sauce. Start with a homemade or good quality, store-bought bone broth for this recipe to cut down on cooking time. There are vegetarian versions of Pho, but traditionally Pho has beef or chicken included.

#### Seasoned Broth

4 medium  
onions, peeled and cut into large chunks  
2 4" pieces  
ginger, fresh, peeled and cut in ½ lengthwise  
4 each  
cinnamon sticks, whole  
6 star anise, whole  
⅓ cup  
fish sauce  
⅓ cup  
tamari or soy sauce  
5 qt  
beef broth  
1 tbsp  
coriander seeds, whole  
1 tsp  
natural salt

### For 4 Servings

8  
oz  
London broil, sirloin, round eye or flank steak, sliced very thinly on  
diagonal  
8  
oz

dried or fresh rice noodles, cooked according to package

directions

4

each scallions, thinly  
sliced

2

cups mung bean  
sprouts

1

1

cup cilantro, Thai basil or fresh  
mint

each

lime, cut into 8

wedges

1

each chili pepper or jalapeno pepper, fresh, thinly  
sliced

chili garlic sauce or sriracha  
sauce

### Preparación :

1. Preheat roaster over medium heat until a sprinkle of water skitters and dissipates.
2. Add onions and ginger and place cover on roaster, slightly ajar. Cook for 10-12 minutes, stirring every few minutes until they are charred on all sides. Note: There will be blackened pieces on the bottom of the roaster, but they will easily come off once the liquid is added.
3. Add cinnamon sticks, star anise and coriander, stir and cook for 2-3 minutes until spices are lightly toasted and give off a pleasant aroma.
4. Add beef broth, fish sauce and tamari to roaster, stir. Cover and when Vapo-Valve™ begins to click steadily, turn heat to low and cook for 1-½ hours.
5. When broth has finished cooking strain out spices, onions and ginger. Put strained broth back in roaster and keep it hot until ready to use.
6. Purchase beef thinly sliced or shaved from your butcher or place beef in freezer for 20-30 minutes until slightly frozen. Carefully slice beef very thin on diagonal. Store beef on clean plate in refrigerator until ready to serve.

### To Assemble

1. Arrange pho toppings on a serving dish; bean sprouts, cilantro, Thai basil or fresh mint, lime wedges and sliced peppers for guests to add as desired.
2. Divide cooked noodles into 4 bowls, top with ¼ of raw thinly sliced beef, arranged in a single layer over the top of the noodles. Pour simmering hot beef broth over the top. Garnish with chopped scallions.
3. Serve with additional chili garlic sauce or sriracha

### Tips

#### Consejos:

- Seasoned Pho Beef broth can be made in advance and frozen in storage containers until ready to use.

#### Información nutricional por ración

Nutritional Facts per Serving

**Calorías:** 412

**Grasa Total:** 8g

**Grasa** 3g

**Saturada:**

**Colesterol:** 46mg

**Sodio:** 1816mg

**Carbohidratos:** 62g

**Fibra** 2g

**Dietética:**

**Azúcar:** 6g

**Proteína:** 24g

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