

How to **PHO**

How to make Vietnam's World famous Pho noodle soup,
(oh and it's pronounced Fur)





This is the classic Vietnamese soup, Pho, paper-thin slices of raw beef are cooked with rice noodles in individual serving bowls into which hot spiced beef stock has been added.

For a more authentic tasting pho, use pho stock cubes bought from an Asian grocer.

You might not be able to travel at the moment, but your taste buds sure can.

INGREDIENTS

- 3.5L beef stock
- 1 large onion, sliced into rings
- 6 slices fresh ginger
- 1 stalk lemongrass
- 1 cinnamon stick
- 1 teaspoon whole black peppercorns
- 500g beef sirloin, cut into really thin slices about 4 cm long
- 250g bean-sprouts
- 1 bunch basil, leaves only
- 1 bunch mint, leaves only
- 1 bunch coriander, leaves only
- 3 fresh green chilies, sliced into rings
- 2 limes, cut into wedges
- 500g dried rice noodles
- Hoisin sauce, chili sauce and fish sauce to serve



PROCEDURE

01

In a large stockpot, combine the stock, onion, ginger, lemongrass, cinnamon and peppercorns. Bring to the boil, reduce heat and cover, simmering for 1 hour or longer if you have time. The Vietnamese's can take up to 8 hours to make Pho, that's why everyone eats it out, it's too much work! Strain stock and keep hot.

02

Arrange your garnish, the bean-sprouts, basil, mint and coriander leaves on a platter with chilies and lime. This is added to taste after the soup is served.

03

Put the noodles into a large bowl and cover with boiling water. Soak noodles for 15 minutes, or until soft. Drain.

04

Divide noodles among 6 large soup bowls and place raw beef slices on top, don't worry the broth will cook the beef in a matter of seconds. Ladle hot stock over noodles and beef and pass the platter of garnishes and sauces.



Pho Fun Facts

This delicious soup was invented in Northern Vietnam in the mid-1880s and was heavily influenced by both Chinese and French cooking. Rice noodles and spices were imported from China and the French introduced red meat. Vietnamese cooks blended the Chinese, French and native influences to make a dish that is uniquely Vietnamese.

As the popularity of Pho spread south in 1954, when the country was divided into North and South, the various cooks began introducing additional ingredients, making it more complex. In 1975 as Vietnamese refugees fled their homeland they were nearly always southerners. So the Pho you eat in your own country is generally the more complex southern style.

There is heavy debate on which version is better, the north or the south. So now you'll have to come to Vietnam and do the taste test throughout Vietnam to make up your own mind.