

Beef Pho

By André Grisell on May 30, 2004



★★★★★ 5 Reviews



Prep Time: 30 mins **Total Time:** 4 hrs 30 mins **Servings:** 6

About This Recipe

"A classic Vietnamese soup. Great for beef-lovers. The stock can be made one day in advance, and you should use fresh herbs. Not inexpensive, but lasting. There is no substitute for the elaborate stock, unfortunately."

Ingredients

For the stock

- 2 lbs beef shank or 2 lbs beef brisket
- 1 lb oxtails or 1 lb beef bone
- 1 lb lean stewing beef, in one piece
- 2 ounces fat (e.g. lard)
- 1 large onion, with peel
- 3 ounces fresh ginger, with peel
- 5 star anise
- 1 teaspoon coriander seed
- 1 teaspoon white peppercorns
- 1 cinnamon stick
- 2 tablespoons fish sauce

Garnish

- the stewing beef, thinly sliced
- 1/2 lb filet of beef, sliced thinly
- 1/2 lb rice vermicelli
- 1/2 lb bean sprouts
- 1 bunch shallot, sliced
- fresh red chile, chopped
- lime wedge
- hot chili sauce
- fresh mint leaves
- fresh coriander leaves
- fresh basil leaf

Directions

1. Tie up the stewing beef nicely.
2. Put all the meats for the stock into a pan together with the fat, the sliced onion, star aniseed, cinnamon stick and ginger.
3. Roast in a hot oven for about 40 minutes, stirring occasionally, until everything is well browned.
4. Move everything to a large pot.
5. Cover with water and bring to a boil.
6. Skim.
7. Add coriander seeds and white pepper.
8. Let simmer for at least three hours.
9. Take up the stewing beef and let cool, then slice thinly.
10. Strain the stock.
11. If made one day in advance; keep cool and remove the fat on the second day.
12. Prepare the garnish: Slice the (raw) fillet of beef thinly (as for Carpaccio).
13. Boil the noodles according to instructions on the package, then drain and rinse with cold water.
14. Arrange the garnish (not the noodles; see below!) nicely on a big plate.
15. Bring the stock to a boil, add fish sauce to taste.
16. When serving, put noodles and stewing meat either into a large serving bowl, or into individual soup bowls.
17. Add stock and heat to boiling point (possibly in a micro-owen).
18. Serve devilishly hot.
19. The guests put the garnish into their soup and the raw meat will be partially cooked from the heat of the stock.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (412 g)		Total Fat 49.8g	76%
Servings Per Recipe: 6		Saturated Fat 20.4g	102%
Amount Per Serving	% Daily Value	Cholesterol 201.7mg	67%
Calories 931.4		Sugars 3.1 g	
Calories from Fat 448	48%	Sodium 698.3mg	29%
		Total Carbohydrate 43.6g	14%
		Dietary Fiber 2.0g	8%
		Sugars 3.1 g	12%
		Protein 72.8g	145%



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