

Pho Gà (Vietnamese soup meal) - Virtual Workshop Version

Recipe for 2

Description

This recipe is the heart and soul of Vietnam, considered as it's national dish !

Note

You can always substitute the beef stock with a stock of your liking. Same thing for the protein !

Ingredients

The bouillon

- 2 Liter(s) Beef broth
- 0.50 Unit(s) Yellow onion
- 2 Clove(s) Garlic
- 1 Tbsp Fresh ginger
- 1 Tbsp Coriander seeds
- 1 Stick(s) Cinnamon
- 1 Unit(s) Star anise
- 1.50 Tbsp Fish sauce Nuoc-mâm
- 1 Tbsp Honey

- Salt and pepper
- Vegetable oil

Garnish

- 350 Gr Filet mignon of pork
- 150 Gr Rice noodles
- 80 Gr Sprouted soybeans
- 2 Unit(s) Green onion
- 4 Leaf(ves) Thai basil
- 2 Unit(s) Lime
- 4 Tbsp Hoisin sauce

- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **45 mins**

To prepare before class

WEIGH / MESURE and get out all your ingredients to be ready for the class.

You will need :

1 medium sized cooking pot, 1 frying pan, 1 pair of tongs, 1 cutting board, 1 zester and 1 knife.

The Bouillon

Finely chisel the onion and finely chop the garlic and ginger. Cook the onion on medium high heat in some vegetable oil to bring it a bit of coloration. Add the ginger and garlic and cook for 30 seconds. Add the anis, cinnamon, honey, fish sauce and the coriander seeds and heat for several seconds. Finish by adding your beef stock, bring to a boil and let rest.

The Garnish

Heat up your frying pan, add in a bit of canola oil and a touch of butter. While this heats up, season your porc with salt. Seat the porc on every surface, until dark brown. Place on baking pan and cook

for 8 minutes. Get it out of the oven and let rest, preferably on a grilled surface, before cutting it in thin slices. You can put the pork back in the oven if they are not fully cooked to your liking.

Heat your stock until simmering and cook your rice noodles for 5 minutes in that stock. You are now ready to plate your Pho.

Start by placing your rice noodles in a bowl, follow with all your garnish, your stock, a splash of Hoisin sauce et a zest of lime.

Ân Nào !

Bon appétit!