



Pho Thit Bo Vien (Rice noodle w/ Beef Balls Soup)

NIBBLEDISH CONTRIBUTOR

Ingredients

Soup Stock:

- A beef stock ready for you (I used Dashida, a Korean beef ready-to-use beef stock. It has a tiny bit of msg in it (gives a nice umami), garlic powder and onions, with a bit of pepper flakes for a kick.)
- 5 star anise
- 2 Cinnamon sticks
- 6 coins of charred ginger
- Salt and Pepper
- A bunch of peppercorns (black)
- Water
- Lime juice
- Clove seeds

Beef Balls:

- 0.5 kg of ground beef
- 1 teaspoon of white pepper
- Sesame oil
- 3 cloves of minced garlic
- Salt and pepper
- Nuoc mam (fish sauce)
- 1.5 tablespoon of sugar
- 1/4 cup of potato starch (add more if you like)
- 1 tablespoon of baking powder

Garnish:

- Thin slices of beef
- Mung Bean sprouts
- Jalapeno peppers
- Rice Noodles
- Onions, cut into half-moon shapes
- Coriander/Cilantro leaves
- Green onion, cut up
- Lime
- Sriracha/hoisin optional.

Instructions

This is my easy way out pho recipe. It's satisfying enough when you don't want to go out--of course, the long way is more delectable. This recipe also comes with Vietnamese beef balls recipe my way as well. All home made, less work. :D

By the way, I cannot give a "direct" quantity on the items, I will just tell you to go by taste. Here's an estimate of what I used.

I also use "tea balls" which is metal balls to encapsule seeds or spices in, such as peppercorns. You can use cheese cloth and such to encapsulate. You really have to WATCH and be there while soup cooks as some spices overpower others, again, go by personal taste.

1. Add your beef stock in (adding water + dashida) and put your charred (grilled) ginger in the soup stock after it boils. In my tea balls (total of 3), I added pepper corns (about 2 tablespoons full or so), (1 teaspoons worth of cloves), and the star anise. Let it come to a simmer.
2. Add in the cinnamon sticks and simmer.
3. Taste the broth and remove cinnamon sticks after 10 minutes or so, and remove the anise/cloves if desired as well. Simmer more.
4. Add salt and pepper into the mixture and adjust to your liking. Strain the soup so it's got nothing in it but broth. It should be aromatic. Add some lime juice and stir. Keep on low heat, covered.
5. Mix all the beef ball ingredients in a bowl and put half the mixture in food

processor. Process until it is smooth and looks like pate/liver spread. It should be airy to the touch. Do the same with the other half mixture.

6. Boil a pot of water, and roll the processed meat mixture into balls. Put into pot of boiling water and remove when it floats up.
7. In a bowl, put the noodles in, sliced beef, bean sprouts, coriander, onions in. Slice beef balls in half and add broth. Serve.