

Phá»Ỡ Bo (Vietnamese Beef Noodle Soup)

August 24th, 2020

This recipe serves: 6

Prep Time: 01:00

Cook Time: 20:00

Phá»Ỡ Bo (Phá»Ỡ is pronounced with a short shwa sound like the vowel in the word "bud" and seem to translate as "no odle soup". "Bo" translates as "beef") is a Vietnamese noodle stew, resulting from the fusion of Asian and French Cuisine. Pho is a savory noodle dish that is generally served as a main course. This broth normally takes about 24 hours in a Slow Cooker in order to develop the deep mature flavors found in a Pho broth. However, this time can be shortened significantly, without loss of flavor, by using a pressure cooker or Instant Pot.

Ingredients:

The Broth:

- 3 pounds Beef Bones, Pork Neck Bones, or Oxtails
- 1 White Onion, cut into 4 large slices
- 2 Ounces (about 3 inch) Fresh Ginger, peeled
- 1/2 Teaspoon Table Salt
- 1 Gallon of Water
- 3 tablespoons Fish Sauce
- 1 teaspoon Sugar
- 3 Cinnamon Sticks
- 3 teaspoons Coriander Seeds
- 1.5 teaspoon Fennel Seeds
- 6 whole Star Anise
- 6 whole Cloves
- 2 whole Cardamom Pods

Other Ingredients

- 1 pound Rice Noodles (Vermicelli)
- 1 pound Top Sirloin (1/4 pound per person) - cut into paper-thin slices
- 1/2 Red Onion (very thinly sliced)
- Broccoli (cut to bite sized pieces)
- Baby Bok Choy (cut to bite sized pieces)
- Red Bell Pepper (cut to long thin toothpicks)
- Cabbage (cut to bite sized pieces)
- Zucchini (cut into paper-thin slices)
- Scallions (cut into small slices)
- Sliced Baby Bella Mushrooms

The Condiments

Prepare a large serving platter with:

- 2 Limes (cut into quarter wedges)
- Cilantro (rinsed)
- Fresh Thai Basil or Italian Basil Leaves (rinsed)
- 2 Jalapeños or Thai Bird Chiles (thinly sliced)
- 1 cup (Mung) Bean Sprouts

You may also want:

- Sriracha Sauce
- Hoisin Sauce

Directions:

Making the Broth

In a large Saute Pan, dry roast the cinnamon, coriander seeds, fennel seeds, star anise, cloves, and cardamom pods over medium high heat until toasted.

Place the roasted spices into a large Instant Pot.

Set the Broiler on high heat.

Place beef bones, onion, and ginger on foil lined baking sheet. Broil for about 8 minutes until everything has a nice char. Turn everything over and broil for another 4 minutes.

The Slow Method

From the Broiler, move the beef bones, the onion, and the ginger into the Instant Pot or Pressure Cooker.

Add the water, the fish sauce, the sugar, and the salt into the Instant Pot or Pressure Cooker.

Cook on high for six (6) hours.

Preparing the Other Ingredients

Cut the Top Sirloin into paper-thin, bite-sized slices.

Prep the rest of the vegetables. Everything should be into bite-sized pieces (and cut as thinly as possible).

Refrigerate the Meat and Vegetables while the Broth continues to simmer.

Putting it All Together

Soak the noodles in warm water for about 30 to 45 minutes

Pour the contents of the Instant Pot, through a large sieve to filter out all the beef bones, vegetables, and spices. Allow the liquid to drain on its own. Do Not press the contents to drain juice.

Discard all the solids and keep only the liquid broth. This broth can be refrigerated for up to 2 weeks.

Pour the broth into a large pot.

Put the Broth over high heat and bring to a rolling boil.

Put about 2 or 3 ounces of soaked noodles in the bottom of each serving bowl.

Add about 4 ounces of sliced (raw) meat.

Add red onion slices to each bowl.

Add Bok Choy, Cabbage, Red Bell Peppers, Zucchini, Mushroom slices, and a handful of Scallions to each bowl.

Carefully pour the boiling Broth into each bowl covering the noodles, meat, and vegetables.

Allow each bowl to sit for a few minutes while the near-boiling Broth cooks the sliced Meat and thinly cut vegetables.

Serve each bowl with a common plate for all of the condiments.

Add Srirachi and Hoisin Sauce, as desired.