

Miele

Beef Pho

By Shannon Bennett

45 minutes

Prep time

4 hours 45 minutes

Cooking time

8 Servings

Serves



INGREDIENTS

Broth

5kg beef bones
10 litres water
100ml fish sauce (Megachef)
120g rock sugar, crushed
3 brown onions, unpeeled
100g ginger, unpeeled
Murray River Sea Salt to taste

Beef pho

1kg fresh rice noodles
350g Blackmore beef fillet, thinly sliced
250g bean sprouts, debearded
1 bunch coriander, leaves picked and washed
2 birds eye chillies sliced
1 lime, cut into 8 wedges

Spice pouch

3 cloves
4 star anise
1 cassia bark
10 black peppercorns

METHOD

Spice pouch

1. Combine all ingredients for the spice pouch in a small square of muslin cloth. Tie with cooking twine. Set aside.

Broth

1. Pre-heat oven on Fan Plus at 180°C.
2. Place beef bones in a large roasting pan with the onions and ginger, roast for 1½ hours or until bones are well coloured. Set the onion and ginger aside until required.
3. Place roasted bones into a large, deep solid steam tray with the water. Steam at 100°C for 1 hour.
4. Reduce the temperature to 85°C and Steam for a further 15 minutes. Skim the stock of any impurities. Stock should be clear.
5. Add fish sauce, sugar, onions, ginger and spice pouch. Steam at 100°C for 3 hours. Taste and adjust with salt if necessary.
6. Strain the broth through a fine sieve and then again through muslin cloth over a sieve. Keep broth piping hot for serving.

Beef pho

1. Place the noodles in a solid steam tray uncovered and Steam for 1 minute at 100°C. Immediately place into serving dishes.
2. Sit thinly sliced beef on top of noodles, along with some bean sprouts, coriander leaves and chilli.
3. Pour hot beef broth over each dish. Garnish with a lime wedge and spring onion, serve immediately.