



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

PHO

Time: Up to 24 hours

Serves: 4

Ingredients:

2 cinnamon sticks
1 tablespoon whole coriander seed
1 tablespoon fennel seeds
4 whole cloves
4 whole star anise
1 black cardamom pod
1 large onion – half cut in thick slices/half in thin slices
1 large piece ginger – halved horizontally
3 pounds beef bones
10 cups water
¼ cup fish sauce
4 ounces very thinly sliced lean beef
4 cups bean sprouts
4 stems Thai basil
1 lime - quartered

Preparation:

Place a pan on medium-low and add the cinnamon, coriander, fennel, cloves, anise, and cardamom. Stir often until just toasted (about two minutes). Remove the spices from the pan and place in a slow cooker.

Place the pan on medium high, adding the thick onion slices and the ginger, flesh-side down. Turn the onion once, cooking until both sides of the onion and the flesh side of the ginger are lightly charred. Remove them from the pan and place them in the slow cooker.

Add the bones, water and fish sauce to the slow cooker. Cover and cook on the low setting for at least twelve or up to twenty-four hours.

Run the broth through a fine strainer and let cool, refrigerating until the fat solidifies on the surface. Discard the fat.

Reheat the broth on the stovetop. Place the beef and the thinly sliced onion in serving bowls and gently pour in the hot broth. Serve accompanied by a plate with the bean sprouts, basil and lime wedges.

Nutritional Information Per Serving:

Calories: 154
Fat: 2g
Carbs: 17g
Fibre: 2g
Protein: 17g