

Beef Soup with Salad Recipe

(Pho)

Ingredients:

3 kg beef rib bones
500 g beef gravy
2 onions, peeled and sliced
thumb-size of fresh ginger
stick of cinnamon
1 teaspoon whole black peppercorns
Salt to taste
500 g fresh rice noodles or
250 g dried rice noodles
500 g fresh bean sprouts
6 scallions
4 firm ripe tomatoes
2 white onions
500 g rump steak
fish sauce, added to taste
lemon wedges
fresh red or green chilies, chopped
chopped fresh coriander (cilantro) leaves

Method:

In a very large pan put in cold water to cover the bones and gravy beef, sliced onions, scraped and sliced ginger, cinnamon stick, whole peppercorns and bring to the boil. When boiled, turn heat to very low and simmer, covered, for at least 6-7 hours. Add salt to taste.

If using fresh rice noodles, slice them into 1-cm strips and pour boiling water over, then drain or steam in a colander for 5 minutes. If dried rice noodles are used, they have to be soaked in warm water for at least 2 hours, then drained and cooked in boiling water until just tender. Drain well. Prepare salad ingredients by scalding bean sprouts with boiling water in a colander. Run cold water over and if necessary pinch off any straggly brown tails. Slice scallions thinly and cut tomatoes in half lengthways, then slice each half. Peeled and sliced white onions thinly and also slice rump steak into thin bite-size slices. Arrange all on a serving plate.

To serve: Put a ladle of noodles and a ladle of bean sprouts in each large individual soup bowl. Put a few slices of beef, tomato and onion in a large ladle, immerse in the boiling stock until beef begins to lose its redness. Beef should be pale pink. Pour contents of the ladle over the noodles and bean sprouts and serve with a bowl of fish sauce, lemon juice, chilies and fresh coriander by the side to be added in separately.