



TRAVEL LIKE A PRO EAT LIKE A LOCAL

RECIPE: PRESSURE COOKER PHO

(page 1)



YIELD: 3 Quarts (6 portions)

PREP TIME: 20 MINUTES

COOK TIME: 60 MINUTES

WHY IT WORKS:

- This traditional Vietnamese soup is judged on the richness of the broth. The use of a pressure cooker pulls out some much flavor so quickly without losing a lot of moisture.
- The brown spices pull together the classic pho flavor profile.

BROTH INGREDIENTS:

- Beef, leg bones, cut in 2—3" segments 4.5 lb
- Water 3 Qt
- Onion, yellow 1 Med
- Ginger, fresh 2 TBS
- Cinnamon, stick 1 ea

SOUP INGREDIENTS:

- Beef, lean (eye of round), sliced paper thin 0.25 lb
- Cilantro, with stems, roughly torn 6 large sprigs
- Onion, yellow, sliced very thin 1 small
- Noodles, rice, pho, cooked 12 oz
- Scallions, sliced thin 3 ea

SOUP GARNISH INGREDIENTS:

- Thai Basil 12 large sprigs
- Limes, quartered 1 ea
- Jalapenos, sliced thin 1 Med
- Bean sprouts 4 oz



TRAVEL LIKE A PRO EAT LIKE A LOCAL

RECIPE: PRESSURE COOKER PHO

(page 2)



BROTH PREPERATION:

- 1) Put the beef bones in the pressure cooker and cover them with cold water. Leave the top off and bring to a boil. This removes a lot of the impurities.
- 2) Drain the liquid, place the bones, and all other broth ingredients back in the pressure cooker, and cover with the 3 QT of cold water.
- 3) Properly seal the pressure cooker, and bring to a boil, then reduce heat so that the pressure cooker's weight rocks slowly.
- 4) Cook the broth for 50 minutes. Let the broth cool in the pressure cooker until the pressure has been relieved in the cooling process, about 15 minutes.
- 5) Remove the lid, and strain the broth. I use a cheese cloth.
- 6) Remove the tendons, meat, and marrow left on the bone, rough chop, and reserve for the final soup.
- 7) Skim the fat, or cool over night and remove the fat from the broth. Pho is fat free broth.

SOUP PREPERATION:

- 1) Heat the broth to close to a boil.
- 2) Prepare 6 bowls on the counter by placing all the soup ingredients in the large bowls. The raw meat should go on top.
- 3) Pour 2 cups of the near boiling broth in the bowls over the other ingredients. The broth will cook the meat.
- 4) Serve immediately with a side plate full of the soup garnishes.
- 5) Restaurants serve with Sriracha and Hoisin.