

Fairbury Phở Published: July 22, 2020, by Ivan

PHỞ INGREDIENTS (2 Servings)

- 1/2 lb Chicken Thigh, Drumstick and Wing
- 1 lb Beef Neck Bone
- 2/3 White Onion (sliced)
- 1/2 Cup Celery (sliced)
- 1/2 Cup Carrots (sliced)
- 5 pcs Ginger (sliced)
- 1 Tbsp Coriander
- 1/2 tsp Cloves
- 1 Tbsp Cinnamon Sticks or 1 Tsp Cinnamon Powder
- 2 Star Anise Flowers
- 1 Tbsp Olive Oil
- Salt and Crushed Black Pepper

GARNISH

- Mint
- Cilantro
- Sweet Chiles
- Jalapenos
- Cherry Tomatoes
- Lime Wedges
- Bean Sprouts
- White Onion
- Green Onion

CONDIMENTS

- Hoisin Sauce
- Plum Sauce
- Sriracha Hot Chili Sauce
- Fish Sauce
- Apricot preserve

INSTRUCTIONS

1. Wash both the beef and chicken to make sure there are no bone chips leftover from the butcher. Slice 2/3 white onion, 1/2 cup celery, 1/2 cup carrots, and ginger into 1/4 inch medallions. Lightly salt and pepper the chicken, beef, and vegetables, then coat them with 1 Tbsp olive oil. Brown the chicken, beef, and vegetables on a baking sheet in a preheated 425°F oven for 10 minutes, then stir and rotate the items for even cooking. I am using an infrared convection oven with a medium rack set to 350°F for 10 minutes on each side for the chicken, beef, and vegetables.
2. Remove the chicken and beef after they are browned. In a new tray, add 1 Tbsp coriander, 1/2 tsp cloves, 1 Tbsp cinnamon sticks or 1 tsp cinnamon powder, and 2-star anise flowers to the vegetables and roast the vegetables for another 5 minutes.
3. Place the chicken and beef into separate pots and add enough cold water to cover the chicken and beef by 1½ inches of water. Allow each to sit in the cold water for 5 minutes, then simmer each pot for 3 or more hours or until the meat falls off the bone. Every few minutes use a spoon or skimmer to repeatedly remove the floating foaming fat to produce a clear broth. Eventually, the foaming fat will no longer appear. Now is the time to add the roasted vegetables to each pot. If possible, wrap the roasted vegetables and spices in a cheesecloth bag and tie it with cooking twine. Allow the broth to simmer uncovered for another hour.
4. Remove the meat to a plate when it is tender and falling off the bone then skim the broth to remove the uneatable spices like the whole ginger, coriander, etc, or removed the cheesecloth spice bag you created. Add rice noodles to the broth. Follow the manufacturer's instructions on the packaging for cooking the noodles but you will use the broth instead of water.

Plating: Shred the meat into separate bowls. Add the noodles and broth. Serve the phở boiling hot. While plating in a bowl, add mint, cilantro, and bean sprouts to the hot broth. Garnish on the side with sweet chiles, jalapenos, cherry tomatoes, lime wedges, bean sprouts, white and green onion. The Asian condiments that I used were hoisin sauce, plum sauce, Chinese hot oil, and fish sauce. I mixed apricot preserve and hot chili sauce to create my own special sauce. You can use any jam, jelly, mustard, or even peanut butter as a condiment. Just be creative. Try a little with each spoon to open your imagination.

Thanks for stopping by. I hope you enjoy your own homemade phở. Remember to share your recipes.

Until next time. Adios