

PHO RECIPE

PROFESSIONAL GUIDE TO COOKING PHO

BLEND METHOD

 **YouTube:** *Leighton Pho*

WHAT IS A PHO?:

A COMPLICATED TIME CONSUMING VIETNAMESE SOUP

PHO FORMULA

P = BBB + SP + A + S

PHO = BEEF BONE BROTH + SPICES + AROMATICS + SEASONING



PHO

=



BONE BROTH

+



SPICES

+



**ONION
GINGER**

+



SEASONING

WHAT IS THE BLEND METHOD?:

TO PREPARE THE BONE BROTH AHEAD OF TIME

SO THAT YOU CAN
BLEND IT INTO A PHO

ON ANY GIVEN DAY
VERY QUICKLY
USING THE ABOVE FORMULA

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STYLE OF THIS PHO: CROSS BETWEEN A NORTHERN (PHỞ BẮC) AND SOUTHERN (PHỞ NAM) PHO.

(TASTING NOTES: STRONG | RICH | INTENSE | EMPHASIS ON NATURAL SWEETNESS OF BONE BROTH)

FOREWORDS | THIS RECIPE IS MEANT TO SERVE AS A GUIDE WHILST WATCHING MY PHO RECIPE VIDEO. I PERSONALLY HATE RECIPES THAT TELL YOU TO “SEASON TO TASTE”. THAT’S LIKE PAYING TO WATCH A FILM WHICH SUDDENLY ENDS AT THE GOOD BIT WITH THE SCREEN “IMAGINE YOUR OWN ENDING” WE WANT TO SEE HOW THE AUTHOR INTERPRETES TASTE WHICH IS WHY I GUIDE YOU THROUGH EXACTLY HOW I GOT THERE. MAKE IT ONCE AND ADJUST TO SUIT YOUR LIKING NEXT TIME.

TARGET VOLUME: 3 TO 3.5L (YIELDS 6-7 SERVINGS @ 500ML/SERVE)

COOKING TIME: 3H + 24H FOR BEEF BONE BROTH

INGREDIENTS

PREREQUISITE

HONESTY

3.5L 24HR 1:1 RATIO UC BEEF BONE BROTH

MEAT

0.5KG OF BEEF BRISKET

BEEF FAT

AROMATICS

2 BROWN ONION

SMALL PIECE OF GINGER

1/2 GARLIC

SPICES

15G CINNAMON

20G CARDAMOM

15G STAR ANISE

3G CLOVE

PRE-SEASONING

50G (1TB + 3 TEA) SALT

40G ROCK SUGAR

19G (1TB + 1 TEA) HAT NEM

FINAL ADJUSTMENT SEASONING

ROCK SUGAR

FISH SAUCE

MSG (OPTIONAL)

METHOD

ULTRA CONCENTRATED BONE BROTH BASE

THE MOST IMPORTANT INGREDIENT OF THE ENTRIE RECIPE IS THE BASE. IT NEEDS TO BE STRONG.

1. TO MAKE A 1:1 BONE BROTH YOU WILL NEED 1 PART OF BEEF BONES TO 1 PART OF WATER, GENTLY SIMMERED OVER 24 HOURS WITH THE AIM OF LOSING THE LEAST AMOUNT OF LIQUID OVER THAT TIME.

FOR EXAMPLE TO MAKE 5L OF BEEF BONE BROTH

USE 5KG OF BEEF BONES WITH 6.5L OF WATER (ALLOW 30% MORE WATER)

OPTION 1: PARBOIL THE BONES TO REMOVE IMPURITIES / DUMP WATER / WASH THROUGH BONES / REPLACE WITH FRESH WATER / SIMMER

OPTION 2 (ADVANCED): ROAST BONES IN OVEN UNTIL GOLDEN / PARBOIL QUICKLY. YOU WILL FIND LESS SCUM RISES TO THE SURFACE / DUMP WATER / REPLACE WITH FRESH WATER / SIMMER

SIMMER FOR 24 HRS OR AS LONG AS POSSIBLE. BY THE END OF COOKING PERIOD TOP WATER UP TO TARGET VOLUME.

PRO TIP: IF YOU’VE LOST HALF YOUR BROTH BY THE END, TURN DOWN THE HEAT. THE MORE YOU LOSE THE WEAKER THE BROTH.

PREP

1. HALVE BROWN ONION / PEEL OFF SKIN / PLACE ON BAKING TRAY

2. WASH AND CUT GINGER AND GARLIC IN HALF / PLACE ON BAKING TRAY

3. LIGHTLY SEASON BRISKET WITH SALT / PLACE ON BAKING TRAY

4. PLACE BOTH THE AROMATICS AND BRISKET INTO OVEN. GRILL UNTIL BROWN. THIS STEP ADDS OVERALL COLOUR TO YOUR BROTH.

OPTIONAL ((ADVANCED): GRILL AROMATICS A SECOND TIME OVER CHARCOAL

STAGE 1

1. USING BEEF FAT SAVED FROM BONE BROTH / ADD TO POT

2. HEAT POT TO AROUND 160 C

2. TAKE BRISKET FROM OVEN AND SEAR OFF BOTH SIDES

4. ADD AROMATICS AND GENTLY SHALLOW FRY

5. TURN OFF HEAT BEFORE ADDING IN SPICES TO THE POT

CAREFUL: SPICES BURN EASILY ESPECIALLY CLOVE. IF YOU BURN THE SPICES, IT IMPARTS A VERY BAD AFTER TASTE TO THE BROTH.

METHOD

STAGE 2 - PRE-SEASONING

1. TAKE 2.5L OF BEEF BONE BROTH AND ADD TO POT

2. ADD IN PRE-SEASONING / BRING TO GENTLE SIMMER

3. TASTE - REFER TO BROTH PROFILE > DEEP AND SLIGHTLY SATLY _____ SEE FIG 1

STAGE 3 - COOKING

1. GENTLY SIMMER FOR 3HRS _____ SEE FIG 2

3 HRS IS THE IDEA COOKING TIME FOR BEEF BRISKET REMEMBER TO KEEP TEMPERATURE GENTLE AS WE ARE INFUSING IF YOU STARTED WITH 2.5L / BY THE END IT SHOULD STILL BE 2.5L ANY BROTH LOSS MEANS THE TEMP IS TOO HIGH.

STAGE 4 - FINAL ADJUSTMENT

1. REMOVE THE AROMATICS / SPICES / STRAIN THROUGH SIEVE

2. ADD 500ML OF BEEF BROTH VOLUME SHOULD BE 3L _____ SEE FIG 3

3. ADD 15G* OF ROCK SUGAR

* THIS AMOUNT VARIES DEPENDING ON PERSONAL TASTE _____ SEE FIG 4

3. TASTE - REFER TO BROTH PROFILE > SHOULD BE SLIGHTLY SWEET

3. ADD IN 1TB + 1 TEA FISH SAUCE - REFER TO BROTH PROFILE > ON THE MONEY _____ SEE FIG 5

AT THIS POINT THE BROTH IS STRONG AND INTENSE

OPTIONS:

1. LEAVE AS IS - IF YOU PREFER A STRONG TASTE > 3L FINISHED VOLUME

2. ADD 500ML - IF YOU NEED TO SOFTEN IT > 3.5L FINISHED VOLUME

3. **(ADVANCED)** ADD CURVE TO THE BROTH SEE BELOW

STAGE 5 - ADDING A 15% CURVE TO THE BROTH

1. REFER TO YOUTUBE VIDEO

STAGE 6 - BOOSTING (OPTIONAL)

1. ADD MSG TO THE BROTH FOR THAT FINAL FINISH. YOU DON’T NEED MUCH. THIS STEP IS OPTIONAL BUT WILL ELEVATE THE TASTE OF THE BROTH. YOU’VE DONE AN HONEST JOB AND MSG WILL REALLY MAKE THE BROTH “POP”

SEASONING GRAPH

BELOW IS A VISUAL REPRESENTATION OF THE BROTH IN THE FORM OF A GRAPH.

AS WE ADD IN THE SEASONING THE FLAVOUR OF THE BROTH CHANGES. THIS GRAPH IS MEANT TO HELP PEOPLE VISUALISE WHAT IS HAPPENING.

TARGET TASTE = SOLID BLACK LINE REPRESENTS IS WHERE WE WANT TO BE AT THE END.

SALTY REGION = AREA BELOW THIS LINE

SWEET REGION = AREA ABOVE THIS LINE

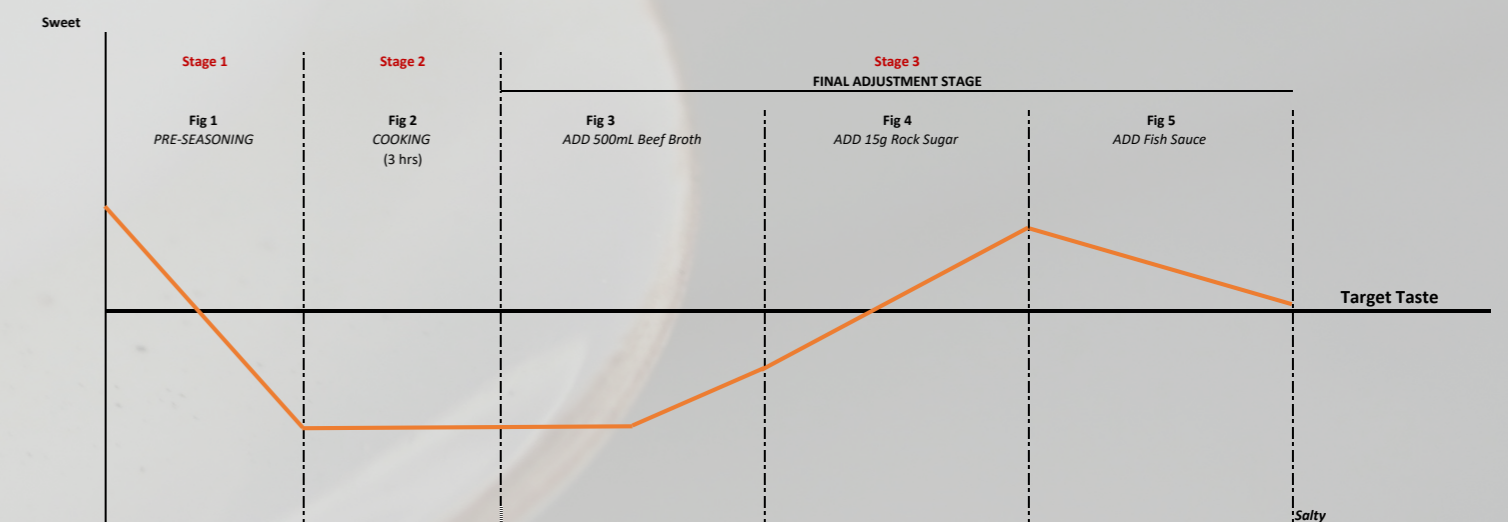
UNDER / OVER SEASONING METHOD

GOING UNDER

THE WAY THAT I SEASON FOLLOWS AN UNDER/OVER PATTERN. THINK OF A WAVE. I DELIBERATELY GO UNDER DURING THE PRE-SEASONING STAGE SO THAT IS ON THE SALTY SIDE HERE WE ARE TRYING TO FIND THE “FLOOR” OR BOTTOM SALT BRINGS OUT THE TASTE OF THE BONE BROTH WE’VE WORKED HARD FOR SO DON’T BE AFRAID TO ADD MORE SALT

BACK TO THE SURFACE

AT THE END OF THE COOKING PHASE BRINGS US TO THE FINAL ADJUSTMENT STAGE. THIS IS WHERE WE START BRINGING THE TASTE UP. ADDING IN 500ML BEEF BROTH AND ROCK SUGAR BRINGS THE PHO TO IT’S FINAL FORM BEFORE CUTTING IT DOWN WITH FISH SAUCE BRINGING US TO THE FINISH TASTE!



BROTH PROFILE