

Tasty Phở Queen

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Beef Noodle Soup (Phở)



Phở Bò is one of the most popular Vietnamese dishes. It is one of my family's favorite noodle soups. Knowing our weakness, my parents bribed all the children including myself with an unlimited amount of Phở once arrive in America with a condition that we promise to behave and cooperate during the escape in 1978. It worked. As children, we did not know any better until much later. All we understood was unlimited "Phở". YUM!!!

Most Vietnamese eat Phở for breakfast, however, it is also good for lunch, dinner, or midnight snack. Phở is composed of rice noodles and thinly sliced beef soaked in beef broth. It is served with mint leaves, Thai basil, bean sprouts, Dragon or Monkey sauce, lemon, and optional hot chili peppers. Make sure to read this recipe at least once before you start.

- 3 to 5 pounds oxtail, chopped into 1 to 2 inch long pieces and/or beef bones
- 1-inch ginger root
- 1 medium regular onion
- 4 cubes Phở beef flavor bouillon or 2 to 3 tbsp Beef Flavored "Phở" Soup Base (adjust to taste)
- 1 bag Gia Vị Nấu Phở (Phở flavor spice)
- 1 teaspoon sugar
- 1 teaspoon salt
- 1 (16-ounce) package, bánh phở, oriental style noodles, cooked (fresh or dry)
- 1 pound beef sirloin, thin slices
- 1 lemon, cut into 4 wedges
- 1 cup finely chopped green onion
- 1 cup finely chopped cilantro
- 1 pound bean sprouts
- 1 cup finely chopped Thai basil
- 1 bunch basil mint leaves
- red pepper, chili or pepper sauce (optional)
- Phở Queen's Monkey or Dragon sauce (optional - <https://PhoQueenCooking.com/products/>)



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For the “Phở” broth you can also substitute beef with chicken or veggie. However, the traditional broth is beef broth. Making the broth is the longest process.



Clean and drain meats and vegetables. Oxtail is not often used in restaurants because it is pretty expensive per pound so it is not as cost-effective. They often use beef bones. That is ok too but oxtail yields more flavors. Fill a gallon-sized saucepan with enough water to blanket the bones. Bring the water to boil. Place the oxtail and/or beef bones in the saucepan. Allow

simmering for 1 to 2 minutes. Remove the saucepan from the heat. Drain. Boiling the oxtail and /or beef bones helps clean the meat thoroughly and reduces the excess fat.

In the same saucepan, add 16 cups of water to the oxtail. Bring to a boil at high heat. While waiting for the water to boil, prepare the vegetables, cut the ginger and onion into halves. Place the ginger and onion on a stove range. Roast to a crisp on the open flame or burner. Wash and drain the ginger and onion halves. Slice the ginger into thin slices. Leave the onion in two halves. Drop the onion and ginger slices into the broth. Once boiling, reduce the heat to medium-low. Cover and simmer for at least 60 minutes.



Add the Phở cubes or beef flavored “Phở” soup base, 1 bag Gia Vị Nấu Phở, sugar, and salt to the broth. Beef flavored “Phở” soup base has no msg. It also included the Phở flavored spice pouch in the container. Cook for an additional 40 minutes. Taste the broth and adjust with additional salt if necessary. Remove the oxtail pieces/beef bones, Gia Vị Nấu Phở bag, and onion. Keep only the broth. Reduce the heat to

low. Skim any fat layer on top of the broth.

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Separate desired amounts of cooked Phở noodles into four medium to large bowls. I usually use from 8 oz to 10 oz of noodles per bowl depending on how hungry we are. Spread 10 to 12 pieces of thinly sliced raw beef on top of the noodles in each bowl. Pour the hot broth on top of the noodles and beef. Fill to the rim. The broth's heat cooks the beef to medium-rare. If one prefers his/her beef to be well done, place the beef in a soup ladle into the simmering broth. Cook the beef to the desired texture.

Add a few squirts from a lemon wedge to your bowl. Mix in the desired amount of green onions, cilantro, bean sprouts, mints, and basil leaves. Add the optional condiments such as the red peppers, chili sauce, and Magic Monkey or Dragon sauce.



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Summer rolls (Gỏi Cuốn)

Gỏi cuốn is a great appetizer because they are light and simple. Since the ingredients are mostly vegetables, the food does not set too heavy in your stomach and leaves room for the main dish. Nonetheless, if you eat too many summer rolls in one sitting you will be filled up.

This dish is composed of boiled meat, noodles, and vegetables. The ingredients are wrapped in thin rice paper and dipped into Phở Queen's signature Magic Monkey or Dragon sauce, sweet and sour fish sauce, or Anchovy Mix. There are many ways to prepare summer rolls. This recipe provides the basic principle on how to prepare summer rolls. One may use chicken instead of pork or turkey instead of shrimp. Tofu and fruits are great substitutions. Have fun and be creative.



Makes 16 summer rolls

Preparing time: 30 to 60 minutes

Cooking time: 20 minutes

- ½ bundle leaf lettuce, torn into bite-size pieces
- ½ pound bean sprouts
- ½ bundle mint leaves
- ½ bundle cilantro
- 1 pound shrimp
- ½ cup lemon juice (optional) and 1 to 2 cups of water
- ½ pound pork sirloin
- 1 (12-ounce) package *bánh tráng* rice paper
- ⅓ package *bún* rice stick noodles, cooked
- Ground roasted peanuts
- Magic Monkey or Dragon sauce, Sweet and Sour fish sauce, or Anchovy mix



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Clean and drain vegetables and shrimp. Boil the shrimp with lemon juice and 1 to 2 cups of water in a saucepan until the shrimp turns pink. Remove the saucepan from the heat. Peel the shells from the shrimp and de-vein. Boil the pork sirloin with 6 cups of water in a saucepan at medium-high heat. Cook the pork for 15 minutes or until the pork is no longer pink. Remove the saucepan from the heat. Transfer the pork to a bowl and allow to cool. Slice the pork into thin slivers.

Boil the *bún* rice noodles according to package instructions. Separate the rice papers from each other. Fill a large bowl with warm to touch water (not boiling). Dip a single rice paper slightly into the bowl. Make sure to have every part of the rice paper touch the water. Do not leave it in the water to soak more than 15 seconds. **Warning:** Over soaking the rice paper will make wrapping difficult.

Place the rice paper flat on a plate. Place the ingredients in the following order in the center of the rice paper: a small piece of leaf lettuce, 10 to 20 strands of rice noodles, 5 to 6 bean sprouts, a small branch of mint leaves, and a few leaves of cilantro. Place 3 pieces of shrimp on top, separating them from each other. Place 3 pork slices in between the shrimp.

Wrap all of the ingredients eggroll style. Serve as an appetizer. Pour the dipping sauce (Phở Queen signature Magic Monkey or Dragon, sweet and sour fish sauce or Anchovy Mix) into a small bowl. Sprinkle the ground roasted peanuts on top of the dipping sauce. Enjoy!



Springroll Wrapping Illustrations



Grilled Pork Noodles (Bún Thịt Nướng)

Bún thịt nướng is a simple and popular dried noodle dish. This dish is one of my husband's favorites because of the crispy yet tender grilled pork complemented Sweet and Sour Fish Sauce on top of rice noodles and vegetables. Yes, folks, there is no broth other than the fish sauce mix. Eggrolls are a great substitute or an addition to grilled pork.

4 to 6 servings

Preparing time: 15 to 30 minutes

Marinating time: 3 hours

Cooking time: 15 to 30 minutes

- 2 pounds pork sirloin, Canadian back, OR boneless shoulder
- 1 tablespoons soy sauce
- 1 tablespoons fish sauce
- 1 tablespoons oyster sauce
- 1 tablespoon Hoisin sauce
- 1 tablespoon crushed and minced garlic
- 2 tablespoons onion
- ½ cup finely chopped green onion
- ½ cup finely chopped lemongrass
- ⅛ teaspoon black pepper
- 10 shish kebob sticks
- 1 bag (16-ounces) of *bún* cooked rice stick vermicelli noodles
- 1 bunch mint leaves
- 1 bunch cilantro
- ½ pound bean sprouts
- 1 cup unsalted chopped roasted peanuts
- 2 cups Sweet and Sour Fish Sauce (page 18 - [a Vietnamese Kitchen cookbook](#))



Clean and drain all of the meats and vegetables thoroughly. Slice the pork into ½ x 3-inch strips. Tenderize with a tenderizer. It is optional. This process softens the tough and chewiness of the meat.

Combine pork with soy sauce, fish sauce, oyster sauce, Hoisin sauce, garlic, onion, green onion, lemongrass, and black pepper in a bowl. Mix well. Cover and refrigerate for at least 3

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hours or overnight. Skewer the meat onto the shish kebob sticks. Make approximately 10 sticks. Grill the sticks on a barbecue grill for approximately 15 minutes or until the pork is golden brown.

When ready, you can cook your rice noodles. Bring the water to boil and then place the dried noodles in the boiling water. Cook it for 5 to 6 minutes or until noodles are cooked. We do not want to overcook or undercook. To test for the doneness, pinch the noodle with your fingernail. When you can cut the noodle with your nails then the noodles are done. Remove the pan from the stove. Drain the noodles.

Separate the desired amount of cooked noodles into 4 medium to large-sized bowls. I normally use 8 ounces of cooked noodles per bowl. Top the noodles with grilled meats (approximately 2½ shish kebob sticks per bowl), a few mint leaves, cilantro, a handful of bean sprouts, and 2 teaspoons of roasted peanuts. Add desired amount or 2 to 3 tablespoons of Sweet and Sour Fish Sauce on top of everything.

Tips: The meat can also be baked in an oven or fried in a frying pan.

- **Baking:** preheat the oven to 350 degrees. Spread the meat thinly on a baking sheet. Bake approximately 25 minutes or until gold brown.

OR

- **Frying:** preheat 1 tablespoon of oil in a non-stick frying pan at medium high heat. Place the meat on the surface of the frying pan without stacking the meat. Flip the sides occasionally every 1 to 2 minutes. Cook until golden brown.



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Sweet and Sour Fish Sauce (Nước Mắm Ngọt)

Nước mắm ngọt is used as a condiment for Vietnamese food such as Eggrolls, Springrolls, Rice or Noodle Grilled Pork, or Beef Vinegar Hot Pot. The sweet and sour taste compliments many meat-flavored dishes.

Makes 5 to 6 cups

Preparing time: 5 minutes

Cooking time: 5 minutes

- 1 cup fish sauce
- 1 cup sugar
- 1/3 cup vinegar
- 1 teaspoon finely chopped garlic
- 1 teaspoon ground red pepper (optional)



Combine 4 cups of water, fish sauce, sugar, and vinegar in a saucepan at high heat. Bring to a boil. Once boiling, remove the saucepan from the heat. Stir in the garlic and *optional* pepper.

Allow the mixture to completely cool for at least 30 to 60 minutes. Cover and refrigerate until ready to serve. I usually store the fish sauce in a glass jar.

Tip: This sauce may be stored in a refrigerator for several months.

