

Pho Broth

Did you know Pho broth was actually introduced to Vietnam by the French? And now, Pho is their most iconic dietary staple and is enjoyed worldwide. The Vietnamese even eat it for breakfast! Pho is good anytime, but we especially love it with a little extra spice when we are sick! Your cold will be gone pho sho! ;)

3lb beef leg bones or oxtail
1lb beef shin (for extra meaty goodness!)
2 Cooking Onions, skin on, halved
2 Tbsp EVOO
1 large Piece of Fresh Ginger, sliced in half lengthwise
¼ cup Honey Ginger White Balsamic
2 large Star Anise
1 Cinnamon Stick
2 Cardamom Pods
2 tsp Fennel Seeds
4 Whole Cloves
1 tbsp Whole Black Peppercorns
1 tbsp Whole White Peppercorns
2 Tbsp Fish Sauce
2 Tbsp Lime Juice

Bring a large pot of water to a boil. Then add beef bones and shin. Boil for 10 minutes. This will boil off the meat impurities and keep the broth clear. Carefully remove bones, shin, and meat from the pot using tongs. Place the bones in a strainer and rinse well. Add the bones to a 6-to-8-quart slow cooker.

Preheat the oven to the broiler setting and line a sheet pan with aluminum foil. Place onion halves, cut side up, and ginger on prepared baking pan and drizzle with olive oil and rub in to coat well. Broil for 5 minutes, until well charred. Add charred onions, ginger, balsamic vinegar, and all the spices to the slow cooker. Cover with cold water till covering the bones and vegetables, and within an inch of the top of the crock. Cover the slow cooker and turn to low. Simmer for 8 hours.

Strain the broth through a fine-mesh sieve and stir in the fish sauce and lime juice. Taste for seasoning and add sea salt if desired.

Store in an airtight container in the fridge for 3 days or freeze for up to 3 months.