

SOUP FOR YOU!



Two Jews Making Food Episode 20

FAUX PHO

by Roberto Martin

Serves 6

INGREDIENTS FOR NOODLE SOUP

8 cups broth made from Better Than Bouillon Vegetable Base
2 cups water
1 medium white onion, roughly chopped
1 bunch of scallions, white parts only, roughly chopped
6 garlic cloves, crushed
4 whole star anise pods
One 2-inch piece of peeled fresh ginger, thinly sliced
1 cinnamon stick
4 whole cloves
1 teaspoon whole black peppercorns
1 tablespoon organic white sugar
1 lemongrass stalk, chopped
2 teaspoons Sriracha hot sauce or Asian chili paste for heat (optional)
½ pound vermicelli rice noodles or pad thai noodles, cooked according to the package (we used instant vermicelli, which is quick and easy)

GARNISHES (it's OK if you can't find all of these items)

3 cups fresh bean sprouts
1 bunch scallions, green parts only, cut on the bias
1 bunch fresh cilantro, roughly chopped
15 fresh basil leaves, roughly chopped
1 cup fresh mint leaves, roughly chopped

2 jalapeño peppers, thinly sliced
3 limes cut into wedges, placed in a small bowl
Sriracha or Asian chili paste
Soy Sauce
Ponzu Sauce
Hoisin Sauce

DIRECTIONS

Pour the broth and water into a stockpot and bring it to boil. Add the next 10 ingredients and the Sriracha sauce, if using, reduce the heat, and simmer gently for 20 to 30 minutes.

While the broth is simmering, cook the noodles, drain, and set them aside to come to room temperature.

Mound the garnishes in small separate stacks on a large plate and place them on the table along with the bowl of lime wedges, the hot sauce, soy sauce, ponzu, and hoisin sauce, if using.

In each of six large bowls (the biggest the better), place about ½ cup of noodles, strain the broth, or simply hold a small sieve over the bowl of noodles and ladle about 2 cups of hot broth into each bowl. Serve hot.

Each person may top their own *pho* with their preferred garnishes and season to their liking.

Tip: Don't skip squeezing the lime in the soup. That is a MUST!

ROASTED CARROT AND APPLE SOUP

SOUP INGREDIENTS

1 pound of carrots, peeled and trimmed, cut into 3-inch pieces
1 large apple, peeled and cored, cut into 3-inch pieces
3 stalks of celery, trimmed and cut into 3-inch pieces
3 tablespoon extra-virgin olive oil plus extra for coating veggies
1-2 shallots, finely chopped
3-4 cloves of garlic, finely chopped
1 inch piece ginger, peeled and minced
4 cups chicken stock
Salt and pepper to taste

Cashew Cream Directions

1 cup raw cashews
1 cup boiling water
1 cup room temp water

Soak the cashews in the water and let stand for 10 minutes. Drain cashews. Put cashews and one cup room temp water in blender and blend until smooth.

SOUP DIRECTIONS

Preheat the oven to 425 degrees. Place carrots, apples, and celery in single layer on large baking sheet. Coat with olive oil. Roast for 25 minutes or until tender.

In a stock pot, warm 2 TBSP. olive oil. Add shallots and sauté over medium heat until soft and translucent (about 5 minutes). Add garlic and ginger and sauté until fragrant. Add roasted carrots, apples, and celery to pot and stir to coat. Pour stock into pot and bring to a boil. Reduce heat to low and simmer partially covered for 15 minutes.

Take off heat and puree soup with an immersion blender. Add cashew cream and stir. Salt and pepper to taste. Eat!