

Hanoi Beef and Rice Noodle Soup – for 4 people

For the Broth

1 kg of	Beef bones – shin, etc
3 litres of	Water
1 piece of	Ginger
2 pieces of	Star anise
2 sticks of	Cinnamon
1	Whole white onion
1	Cardamom
2	Shallots
2 teaspoons of	Salt
2 teaspoons of	Sugar (Rock Sugar is best)

Add water to a large stockpot and bring to boil. Grill beef bones (to reduce the fat) for about 4 minutes and add to stock. Grill remaining broth ingredients for around 2 minutes, and add to stock. Then add salt.

Grilling opens up the flavours and gives the broth an even taste.

Simmer lightly for a minimum of 1 hour, skimming off any fat on the top.

For the Pickle

1 cup of	White vinegar
3 cloves of	Garlic - peeled
3	Shallots - peeled
1	Red chilli
1	Green chilli
1/2 teaspoon of	Salt
1 teaspoon of	Sugar

Add vinegar to a small bowl. Cut ingredients into similar sized small pieces (eg: 4 cuts of the garlic clove). Place salt, sugar and ingredients into vinegar. Stir for 30 seconds and let sit.

For the Side Dish of Herbs

Spring onion

Asian basil – also commonly known in the west as Vietnamese Mint

Sawtooth coriander

Vietnamese Celery

Lime

Bean sprouts

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Making the Noodles

Rice Batter

1 cup of	white rice
1 pinch of	salt
1	bamboo or kebab stick

Soak the rice in the fresh water overnight. Wash the rice at least 3 times, draining the water each time. This rice should be white, and all water drained away.

Mix 1 cup of the rice with 2 cups of water, and add a pinch of salt. Place in a blender and blend for 10-15 minutes - then leave for one hour.

Method

Cover a pot of boiling water with a sheet of thin white cotton and secure it using elastic. Using a big soup spoon (about 2 tablespoons) scoop out the batter and pour onto the cotton - use the bottom of the spoon to move the batter around to form a circle. Steam the batter for one minute - then use the bamboo stick to lift the rice batter from the cotton.

After cooling for 1 minute cut thin 1cm strips of noodle and place in a soup bowl.

Serving

300 grams of Filet of Beef - very finely sliced

Top the noodle with a few slices of beef, cover with the stock and some sliced spring onion. Add herbs and pickle to taste.