

VIETNAMESE CHICKEN NOODLE SOUP (PHO GA)

Serves 4-6

INGREDIENTS

Stock

- 1 whole chicken (free-range chicken preferred)
- 1 tablespoon salt (for cleaning)
- 4 liters water
- Thumb-size piece ginger (roast whole in oven at 400°F for 15 minutes then slice into coins)
- 8 shallots (roast whole in oven at 400°F for 15 minutes, allow to cool then peel)
- 2 tablespoons dried coriander seeds (toast in dry pan for 1 minute then place in spice bag or cheesecloth)

Stock Seasoning

- 2 tablespoons fine sea salt
- 2 tablespoons chicken stock powder
- 35 grams rock sugar
- 1 teaspoon MSG
- 2 tablespoons fish sauce

Noodles & Garnishes

- 2 lbs rice noodles (cook per package instructions)
- 1/4 cup thinly sliced white/yellow onion
- 1/4 cup sliced green onions
- 1/4 cup chopped cilantro
- Fried shallots
- Ground black pepper
- 2 limes (cut into wedges)
- Sliced red chili peppers or jalapenos (optional)

INSTRUCTIONS

1. Clean the chicken: Lightly dust the chicken with salt. Give it a full exfoliating body scrub then rinse under cold running water. Drain dry.
2. Bring a large pot with 4 liters of water to a boil (make sure it will fit the chicken without overflowing). Add cleaned chicken, roasted ginger and shallots. Cook stock pot for 30 minutes on a low simmer.
3. Test chicken for doneness after 30 minutes. Any longer, chicken may be dry. Pierce chicken with a chopstick in between the joint of the breast and leg. If water runs clear, chicken is done. Transfer chicken to an ice bath. When cool enough to handle, slice chicken into thin strips. Return all bones back to the stockpot, along with coriander seeds. Continue to cook the stock pot for another 30 minutes on a low simmer.
4. After one hour of cooking, remove all solids from the stock pot and discard. Season stock with salt, chicken stock powder, rock sugar, MSG and fish sauce. It's best to season a little at a time to your liking. Like all noodle soups, you want the flavors to be strong and bold. Once noodles are added, flavor will mellow out quite a bit.
5. To serve, add a handful of cooked rice noodles to a bowl. Add chicken. Ladle in broth and top with a bit of white/yellow onions, green onions, cilantro, fried shallots and a sprinkle of black pepper. Serve with lime wedges and chili peppers/jalapenos on the side.