



Vietnamese Chicken Noodle Soup

Broth

- 2 yellow onions, about 1 pound, unpeeled
- 4-inch section fresh ginger, unpeeled
- 1 organic free range chicken (around 4lbs)
- 4 set of chicken bones (carcasses)
- 5 quarts water
- 1 1/2 tablespoons salt
- 1 ounce of rock sugar
- 2 tablespoons coriander seeds, toasted in a dry skillet for about 1 minute until fragrant
- 1 stick of cinnamon
- 1 large bunch of cilantro

Garnishes

Cilantro, Bean sprouts, Thai basil, chiles, thinly sliced; limes, cut into wedges

Make the pho broth

1. Place the onions and ginger directly on the cooking grate of a medium-hot charcoal or gas grill or a gas stove with a medium flame, or on a medium-hot burner of an electric stove. Let the skin burn, using tongs to rotate onion and ginger occasionally and to grab and discard any flyaway onion skin.
2. Rinse the chicken and the chicken carcasses under cool water.

3. Remove and discard any loose pieces of fat from the chicken.
4. Put the chicken in the big pot filled with luke warm water .Bring to a boil over high heat and then lower the heat to a gentle simmer. Use a ladle or large, shallow spoon to skim off any scum that rises to the top. Add the onions, ginger, salt, rock sugar,[coriander seeds, cinnamon] (put in a tea bag/tea ball), and cilantro and cook, uncovered, for 25 minutes, adjusting the heat if needed to maintain a gentle simmer.

At this point, the chicken is cooked; its flesh should feel firm yet still yield a bit to the touch. Use a pair of tongs to grab the chicken and transfer it to a large bowl. Flush the chicken with cold water and drain well, then it set aside for 15 to 20 minutes until it is cool enough to handle. Meanwhile, keep the broth at a steady simmer.

5. When chicken can be handled, use a knife to remove each breast half and the whole legs (thigh and drumstick). Don't cut these pieces further, or they'll lose their succulence. Set aside on a plate to cool completely, then cover with plastic wrap and refrigerate; bring to room temperature before assembling the bowls.

6. Put the carcasses to the pot and adjust the heat to simmer the broth gently for another 1 1/2 hours. Avoid a hard boil, or the broth will turn cloudy.

7. Strain the broth through a fine-mesh sieve (or a coarse-mesh sieve lined with cheesecloth) positioned over a pot. Discard the solids. Use a ladle to skim as much fat from the top of the broth as you like. (To make this task easier, you can cool the broth, refrigerate overnight, lift off the solidified fat, and then reheat before continuing.) Taste and adjust the flavor with additional

salt, and rock sugar. There should be about 4 quarts (16 cups) broth.

Assemble the pho bowls

If using dried noodles, cover them with hot tap water and let soak for 15 to 20 minutes, or until they are pliable and opaque. Drain in a colander. If using fresh rice noodles, untangle them, place in a colander, and rinse briefly under cold running water.

Cut the cooked chicken into slices about 1/4 inch thick, cutting the meat off the bone as necessary. If you don't want to eat the skin, discard it first. Set the chicken aside. Ready the yellow onion, scallions, cilantro, and pepper for adding to the bowls. Arrange the garnishes on a plate and put on the table.

For each bowl, place a portion of the noodles on a vertical-handle strainer (or mesh sieve) and dunk the noodles in the boiling water. As soon as they have collapsed and lost their stiffness (10 to 20 seconds), pull the strainer from the water, letting the water drain back into the pot. Empty the noodles into a bowl. If you like, once you have finished blanching the noodles, you can blanch the bean sprouts for 30 seconds. They should wilt slightly but retain some crunch. Drain and add to the garnishes.

Top each bowl of noodles with chicken, arranging the slices flat. Place a mound of cilantro in the center and then shower some scallion, yellow onion on top. Finish with a sprinkle of pepper & a teaspoon of fish sauce.

Raise the heat and bring the broth to a rolling boil. Do a final tasting and make any last-minute flavor adjustments. Ladle

about 2 cups broth into each bowl, distributing the hot liquid evenly to warm all the ingredients. Serve immediately with the garnishes