


# PHỞ GÀ

## VIETNAMESE CHICKEN PHO

 4-6 servings    Prep: 20 mins    Cook: 90 mins

Difficulty: Easy—you got this!

### Broth

- 1.5 kg chicken frames
- 2 brown onions (bottoms cut off)
- 25g ginger, slightly crushed
- 1 bunch of coriander roots, washed (optional)
- 3-3.5 L hot water
- 1/2 tablespoon salt
- Duncan Lu's Pho Spice\*
- 50ml fish sauce
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 300g-400g dried pho rice noodles

\* details at [duncanlu.com.au](http://duncanlu.com.au)

### Poaching chicken

- 1.5 kg chicken (room temp)
- 1/2 bunch spring onion
- 25g ginger, slightly crushed
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 tablespoons fish sauce

### Garnish

- 1/2 bunch spring onions
- 1 bunch basil
- 1 brown onion, sliced
- 1 bunch coriander (optional)
- pinch white cracked pepper
- 100g bean sprouts
- 1 lime or lemon
- 2 chillies, sliced (optional)
- Hoisin sauce

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## METHOD

1. Clean chicken frames with hot water to remove impurities, then split in two and place into the pressure cooker along with pho spices, onions, coriander roots and ginger, then season lightly with fish sauce, sea salt and rock sugar. Fill the pressure cooker with hot water from kettle to maximum level and cook with high pressure for 40 min.
2. While you wait for the broth, cover the rice noodles with water and soak for 45-60 min, then strain and set aside.
3. Wash chicken and trim off any excess fat. Place in a pot and cover with cold water then add spring onions and ginger and season lightly with fish sauce, sea salt and sugar. Bring to the boil then simmer on low for 12 min, then remove pot from heat and cover well for 35 min to allow the heat to cook the chicken through. Remove chicken and place into a large bowl of cold water for 5-7 min to stop the cooking process, turning occasionally, then shred the chicken and set aside.
4. Depressurise the pressure cooker, strain broth well into a large pot and bring to the boil, then simmer on low.
5. Taste the broth and if it's to your liking, proceed to assembling. If not, season with additional fish sauce. Don't be afraid to slightly over-season the broth with salt and fish sauce, as once combined with the rice noodles and garnishes, the flavours will balance out.

### Assembly

1. In small batches, place rice noodles in boiling water for 30 seconds and strain well, then place in a serving bowl.
2. Place chicken in a bowl and pour pho broth over to cover.
3. Garnish with basil, sprouts, a squeeze of lime, chilli and white pepper.
4. Optional dipping sauce: 2 parts hoisin sauce, 1 part chilli sate/oil and a squeeze of lime.