

# Recipe Book

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## Bo Kho

Bò Kho is a Vietnamese beef stew that is typically made with beef, carrots, onions, lemongrass, star anise, and other spices. It is a hearty and flavorful dish that is often served with French bread or rice noodles. Bò kho has a rich, slightly sweet and savory broth that is infused with spices and slow-cooked until the meat and vegetables are tender. It is a popular comfort food in Vietnam and can be found in many Vietnamese restaurants around the world.

## Ingredients

- 1.5 lbs of tendon
- 1 lb of beef flanks
- 1 lb of short rib
- 1 lb of chuck roast, cut into cubes
- 2 large carrots, peeled and sliced
- 1 medium whole onion
- 3 medium shallots
- 1 tbsp of garlic powder
- 3 Stalks of lemongrass
- 1 tsp of MSG
- 1 tbsp of ginger, sliced
- 1 Packet of Bo Kho Seasoning
- 1 tbsp of Rock Sugar
- 1/2 Cup of “Better Than Bouillon Beef”
- A Can of Coconut Water
- 1 tbsp fish sauce

## Instructions

1. Bring a pot of water to a boil. Add 1 tsp of salt and add 2 stalks of chopped up lemongrass.
2. Boil all the meats for 30 min. Then rinse and cut into large bite-sized cubes.
3. Dice onion and shallots.
4. Place cuts of meat into a mixing bowl. Marinate meat with bo kho seasoning powder, lemongrass, diced onion, diced shallot, ginger, garlic powder, MSG, tossed until combine. Set aside for 30 min-1 hr or overnight.
5. In a large pot, fry 1 tsp of oil over med-high heat. Add in marinated mixture and stir fry in pot for about 5-10 mins.
6. Pour in can of coconut water.

7. Pour in enough water to cover meats.
8. Turn heat to high and wait until boil.
9. After stock is boiled, reduce heat to low-medium.
10. Simmer for 2-3 hours or until meat and tendon has soften.
11. Occasionally skim oil from broth surface.
12. Roughly 30 minutes before meat is tender, add in fish sauce.
13. Adjust taste to preferred preference. Enjoy!

## **Tilapia Fried Fish Paste**

Vietnamese tilapia fried fish paste, or “cha ca” in Vietnamese, is a popular dish that is made by marinating bite-sized pieces of tilapia fish in fish sauce, garlic, and other spices. The marinated fish is then pan-fried until crispy and served with rice noodles, herbs, and a variety of accompaniments.

### **Ingredients**

- 3 filets of tilapia fish; thawed, washed, and dried
- 1 tsp of salt and pepper
- 1 tsp of sugar
- 2 tsp of fish sugar
- 1 tsp of garlic powder
- 1/2 tsp of corn starch
- 1 tbsp of ice cold water
- 1/2 tbsp of olive oil

### **Instructions**

1. Throw all ingredients in blender, excluding ice cold water.
2. Blend for 10 seconds until all ingredients are mixed.
3. Occasionally adding ice cold water a little at a time until necessary until there is a bouncy consistency.
4. After 4 to 5 min of blending, pour out into a clean bowl. If mixture is runny, add corn starch; otherwise chill for 1 hour or overnight in the fridge.
5. After chilled, heat a pan with oil with med to high heat.
6. Cover hand with oil and shape paste into desired shape.
7. Fry until golden brown. Enjoy!

## **Goi Ga**

Goi Ga is a Vietnamese chicken salad made with poached chicken, shredded vegetables, herbs, and a fish sauce-based dressing. It is a refreshing and flavorful dish commonly eaten as a light meal, and can be served on its own or as part of a larger Vietnamese meal.

### **Ingredients**

- 2 cup poached chicken, shredded or thinly sliced
- 2 cup sliced Shrimp
- 3 cup shredded cabbage or lettuce
- 1/2 cup fresh herbs, such as mint and cilantro
- 1/2 cup sliced onions or peppers (optional)
- 2 tbsp fish sauce
- 2 tbsp lime juice
- 1 tbsp sugar
- 1-2 chili peppers, seeded and minced (adjust to taste)
- 1/4 cup chopped peanuts or fried shallots (optional)

## Instructions

1. In a large bowl, combine the shredded chicken, shredded cabbage or lettuce, fresh herbs, and sliced onions or peppers (if using).
2. In a small bowl, whisk together the fish sauce, lime juice, sugar, and minced chili peppers to make the dressing.
3. Pour the dressing over the salad and toss to combine.
4. Taste and adjust the seasoning as needed, adding more fish sauce, lime juice, sugar, or chili peppers to taste.
5. Sprinkle the chopped peanuts or fried shallots (if using) over the top of the salad just before serving.
6. Serve the salad immediately as a light meal or as part of a larger Vietnamese meal. Enjoy!

## Red Salsa

### Ingredients

- 6 dried guajillo chillis: washed and soaked in water to rehydrate
- 5 to 6 red roma tomatoes
- 4 thai chilis
- 1-2 jalapeño
- 3 clove garlic
- 1/2 onion
- 1/4 cup chopped cilantro
- cumin
- salt
- chicken bouillon, season to taste

### Instructions

1. Boil/grill/or seared with oil: guajillo, chili, tomatoes, jalapeños, garlic, onion
2. Blend with cilantro and season to taste

## Refried Bean Dip

### Ingredients

- 1 can refried beans
- sour cream
- cream cheese/greek yogurt
- cheese
- green onions
- chopped jalapeno
- corn
- cumin
- salt
- cayenne
- paprika
- oregano
- garlic powder
- onion powder
- parsley powder

### Instructions

1. Mix ingredients together, pour into baking tray, top with cheese
2. Bake 400 for 15 mins

## Pho Ga (Vietnamese Chicken Noodle Soup)

Pho Ga is a popular Vietnamese dish that consists of a flavorful chicken broth, tender shredded chicken, and rice noodles.

### Ingredients

- 2 lbs of chicken (a whole chicken or bone-in chicken parts)
- 6 cups of chicken broth
- 4 cups of water
- 1 onion, halved
- 3-4-inch piece of ginger, sliced
- 2-3 star anise
- 3-4 cloves
- 2 cinnamon sticks
- 1 tablespoon of sugar
- 1 tablespoon of fish sauce
- 8 oz of dried rice noodles
- Fresh herbs (Thai basil, cilantro, mint)
- Bean sprouts
- Lime wedges
- Sliced chili peppers (optional)

### Instructions

1. In a large pot, char the onion and ginger over an open flame or under the broiler until slightly blackened. This helps to enhance the flavor of the broth.
2. In the same pot, add chicken broth, water, star anise, cloves, cinnamon sticks, and sugar. Bring to a boil.
3. Add the chicken to the pot and simmer for about 30-40 minutes until the chicken is cooked through. Skim off any impurities that float to the surface.
4. Once the chicken is cooked, remove it from the pot and let it cool slightly. Then shred the meat into bite-sized pieces and set aside. Discard the skin and bones.
5. Strain the broth to remove the spices and any other impurities.
6. Season the broth with fish sauce, adjusting the amount to taste.
7. Cook the rice noodles according to the package instructions.
8. To assemble the soup, divide the cooked rice noodles among serving bowls. Add the shredded chicken on top.
9. Ladle the hot broth over the noodles and chicken, making sure to cover them completely.
10. Serve the Pho Ga with a plate of fresh herbs, bean sprouts, lime wedges, and sliced chili peppers on the side.
11. Each person can customize their soup by adding herbs, sprouts, lime juice, and chili peppers according to their taste. Enjoy!