

## Beef and Shrimp Pho (Gluten Free\*)



A fragrant beef broth accompanied by beef sirloin, shrimp, fresh herbs and vegetables.

Yield	1 gal. broth
Serves	16
Preparation time	10 minutes
Cooking time	40 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
128	oz		1 gal	Water	
4	oz		1/3 cup	Minor's Gluten Free Beef Base made with Natural Ingredients (6x1lb)	
3	oz		1 cup	Onions	large dice
1	oz			Ginger root, fresh	peeled, sliced
1	piece			Natural Lemongrass	
1	ea			Cinnamon stick	whole
1	tbsp		3 tsp	Peppercorn	black, whole
1.5	oz			Fish sauce	Gluten free
ASSEMBLY					
4	lb			Rice noodle, raw	cooked
2	lb			Beef sirloin steak	raw, shaved
2	lb			Shrimp, peeled, raw	26-31 ct. deveined, poached
8	oz			Bean sprouts	
8	oz			Shiitake mushroom, fresh	
2	oz			Mint, fresh	pulled
2	oz			Basil, fresh	pulled
2	oz			Cilantro	fresh, pulled
6.3	oz		4 each	Chili peppers	thin sliced
9.5	oz		4 each	Limes	thin sliced

### Preparation Steps

- In a large soup pot, combine water, Beef Base, onions, ginger, lemongrass, cinnamon, peppercorns and fish sauce. Over medium high heat, bring to boil. Reduce heat, cover and simmer 1 hour. Remove stock from heat; strain and keep hot.
- To assemble, place the following items in a bowl: 8 oz. broth, 4 oz rice noodles, 2 oz each of beef and shrimp; 1/2 oz each bean sprouts and mushrooms; 2 leaves each of mint, basil and cilantro; and 2 slices each of chili pepper and lime.

### Chef's tip

\*When using Gluten Free ingredients, recipes, and proper back of house procedures.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	622.1
Energy (Kj)	2610.4
Protein (g)	29.5
Carbohydrate, total (g)	102.1
Fats, total (g)	10.1

Fats, saturated (g)	4.2
Fiber, total dietary (g)	4
Sodium (mg)	1305.1
Calcium (mg)	99
Cholesterol (mg)	111
Iron (mg)	4.2
Fats, monounsaturated (g)	3.5
Fats, polyunsaturated (g)	1
Vitamin A (µg_RAE)	66.6
Vitamin C (mg)	28
Vitamin D (µg)	0.6

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*