

PHOS

IF YOU DON'T PHO...

PHO [pronounced FUH] is the Vietnamese national dish; aromatic, nutritious, and delicious rice noodle soup served with a side plate of fresh herbs to add as you please. The addition of these herbs and table condiments is an essential part of eating pho & adds another dimension to the dish

CHILLI PASTE for a kick

FISH SAUCE for extra saltiness

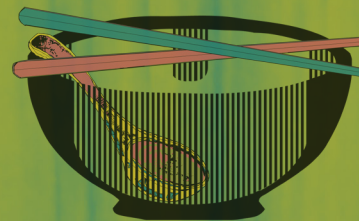
GARLIC VINEGAR for sourness

A LONG PREPARATION for the stock is major key for the retainment of all their goodness and developing their own distinctive tastes and aromas. PHO is brimming with lean meats and fresh ingredients, making it a perfect comfort food or pick-me-up!

PHO dishes are all low in fat, saturated fat, & are a good source of 10 of your daily vitamins and minerals including: vitamins C, B3, B6, folate, iron and magnesium -- nutrients which all contribute to the reduction of tiredness and fatigue!

NOW YOU KNOW, PHO.

PHO REAL... YOU WANT TO KNOW WHAT YOU'RE EATING... right?



COOKING TECHNIQUES

Boiled - Luộc
Dip - Nhúng
Fried - Chiên
Grilled - Nướng
Pickled - Muối
Pour - Đổ
Roasted - Rang
Simmered - Kho
Steamed - Hấp
Slow Cooked - Hầm
Stir-fried - Xào
Mixed - Thập cẩm



HERBS & VEGETABLES

Asparagus - Măng Tây
Bean Sprouts - Giá
Beets - Củ Cải Đường
Betel Leafs - Lá Lốt
Bitter Herb - Rau Đắng
Cabbage - Cải Bắp
Carrot - Củ Cải Đỏ (Cà-rốt)
Cauliflower - Cải Hoa
Celery - Cần Tây
Chilies - Ớt
Chives - Hẹ
Corn - Bắp
Cucumber - Dưa Leo
Culantro - Ngò Gai
Eggplant - Cà Tím
Garlic - Củ Tỏi (Tỏi)
Ginger - Gừng

FRUITS

Apple - Táo
Avocado - Bơ
Banana - Chuối
Cherries - Anh Đào
Clementine - Quýt
Coconut - Dừa
Dragonfruit - Thành Long
Durian - Sầu Riêng
Grape - Nho
Grapefruit / Pomelo - Bưởi
Guava - Ổi
Jackfruit - Mít
Lemon - Chanh
Lime - Chanh
Longan - Nhãn
Lychee - Vải
Mango - Xoài
Mangosteen - Mãng Cụt

CONDIMENTS & DIPPING SAUCES

Dipping Sauce - Nước Chấm
Fermented Anchovy and Pineapple Sauce - Mắm Nêm
Fish Sauce - Nước Mắm
Ginger Fish Sauce - Nước Mắm Gừng
Hoisin Sauce - Tương Ăn Phở
Shrimp Sauce - Mắm Ruốt
Soy Sauce - Nước Tương
Sriracha Hot Sauce - Tương Ớt

Nectarine - Xuân Đào
Orange - Cam
Papaya - Đu Đủ
Peach - Đào
Pear - Lê
Persimmon - Hồng
Pineapple - Khóm
Pomegranate - Lựu
Prune - Mận
Rambutan - Chôm Chôm
Salty Preserved Plums - Xí Muội
Sapodilla - Sa Bô Chê
Soursop - Mắc Cẩu Xiêm
Star Apple - Vú Sữa
Star Fruit - Khế
Sweet-Sop - Mắc Cẩu Ta
Tomato - Cà Chua
Watermelon - Dưa Hấu

Shallot - Hành Tăm, Hành Hương
Soy Bean - Đậu Nành
Spearment - Rau Húng Lủi
Green Onion/Scallion - Hành Lá
Sweet Potato - Khoai Ngọt / Khoai Lang
Tamarind - Me
Thai Basil - Quế
Thai Eggplant - Cà Pháo
Turmeric - Nghệ
Water Celery - Cần Nước
Water Spinach - Rau Muống
Watercress - Xà Lách Sơn
Yam - Củ Từ
Yard - Long Bean - Đậu Đũa
Yellow Onion - Củ Hành

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SO  PHO