

Plant-based Pho Stock

Swick

Serves 3 | Active Time: 30 minutes | Total Time: 2 hours

Preparing the Stock

First, prepare your mise en place.

To start the stock, place ALL ingredients into a large stockpot. Bring to a boil then lower heat to a simmer. Allow to simmer uncovered for 1 to 1 1/2 hours. If using tamari, add it near the end of cooking in order to preserve the flavor.

To avoid excessive bitterness in the stock, consider removing the citrus by the mid-point of the cooking process. You may want to remove it even earlier, so it is important to taste the stock periodically, so you can make timely adjustments.

Also, if you are sensitive to hot spices, consider decreasing the amounts of ginger, chile, peppercorns and cloves.

Note: If the stock is boiled, it will develop harsh flavors from the pungent ingredients.

Step 1: Preparing the Stock

- 2 large onions, chopped
- 1 leek, washed thoroughly and chopped
- 2 carrots, chopped
- 1 cup dried shiitake mushrooms
- 4 cloves garlic
- 3 - 2" inch slices of fresh ginger
- 1 hot red chile, halved
- a few sprigs each of fresh basil, fresh cilantro and fresh mint
- 1 tbsp black peppercorns
- 1 tsp whole cloves
- 1 stick cinnamon
- 4 star anise
- 3 qt cold water
- 2 slices of orange
- 1 lime, halved
- 1/4 cup tamari (optional)

Step 2: Straining the Stock

To finish the stock, turn off the heat and allow it to cool for 15 to 20 minutes. Place a fine mesh strainer over a medium bowl (or use a strainer lined with cheesecloth). Pour the stock into the strainer, allowing the liquid to pour through.

Note: Your stock should be dark and golden in color, if it is not then you may need to reduce for longer to concentrate the flavors. Taste and add sodium if you wish to the stock – this is a personal preference.

If not using the stock immediately, quickly chill, then store in the refrigerator or freeze until ready to use.

Add your favorite noodles and vegetables to create a delicious Vegetarian Pho.