

313 MAIN STREET
AMES, IA 50010
515.233.4272

M-W 9:30am-6pm
TH 9:30am-8pm
FR 9:30am-6pm
SA 9:30am-5pm



Pho Chay – Vegetarian Soup
serves 4-6

INGREDIENTS:

BROTH:

3.5 quarts water
1 cinnamon stick
6 whole anise stars
6 whole cloves
1 tbsp peppercorns
2 sticks lemongrass
4" of ginger, sliced
6 cloves of garlic
cilantro stems
1 tbsp sugar, more to taste
1 tbsp soy sauce
1 tbsp salt, more add to taste
1 onion, roughly chopped
3 carrots, roughly chopped
1 leek, roughly chopped
1 stalk celery, chopped
Stems from 8 oz Shiitake mushrooms

VEGGIES & NOODLES:

1 head broccoli, chopped & steamed
Heads from 8 oz Shiitake mushrooms, chopped & steamed
1 head cabbage, chopped & steamed
2 carrots chopped
1 stalk celery chopped
1/4 onion finely sliced, soaked in cold water for 5 min, drained
1 package rice noodles

GARNISHES:

fresh bean sprouts
3-4 lime wedges
1/4 c. cilantro
1/4 c. basil or Thai basil
Sriracha to taste
Hoisin Sauce to taste

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DIRECTIONS:

PREPARE BROTH:

1. Place whole spices in hot non-stick frying pan until aromatic, about 3-4 min.
2. Sear onion and ginger in hot pan and scorch until blackened, or place under broiler to blacken.
3. In a large pasta strainer pot, add broth ingredients. Bring to boil, simmer 2 hrs on low. Enjoy the aroma, and taste often (adding salt or sugar as needed).
4. Strain out all solids.
5. Boil rice noodles 4-5 min in broth, rinse cooked noodles in cold water, set aside. 6. Keep broth piping hot until served.

PREPARE VEGETABLES:

1. Wash, chop, blanch or steam all veggies until crisp/tender keeping their bright color.

ASSEMBLE:

Place cooked noodles and vegetables in a large soup bowl. Cover with hot broth. Add garnishes at the table. Enjoy!