THAI

Thai Beef Noodle Soup (Kuay Teow Nuea)

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**4**	**25 min**	**3 hr**	**Simmer**	**Brisket**

Ingredients

- 800 g (1¾ lb) beef brisket, in 2 or 3 large pieces
- 500 g (1 lb) beef bones
- 2.5 litres (10 cups) water
- 1 small daikon radish, peeled and chunked
- 4 cloves garlic, smashed
- 4 coriander roots (or 1 tbsp coriander stems), bruised
- 2 pieces cinnamon stick
- 3 star anise
- 3 tbsp light soy sauce
- 2 tbsp fish sauce
- 1 tbsp palm sugar (or brown sugar)
- 400 g (14 oz) thin rice noodles (sen lek)
- 200 g (7 oz) bean sprouts
- 2 handfuls morning glory or choy sum
- Chopped cilantro, scallions, fried garlic, lime wedges, chilli flakes, white pepper and extra fish sauce, to serve

Steps

1. Cover the bones with cold water, bring to a boil over high heat, and boil 5 minutes. Drain, rinse and clean the pot.
2. Return the bones to the pot with the brisket, water, daikon, garlic, coriander roots, cinnamon and star anise.
3. Bring to a boil, skim the foam, then lower the heat to a gentle simmer. Cook uncovered for 2½ hours, until the brisket gives easily when pressed with a spoon.
4. Remove the brisket and set aside. Strain the broth through a sieve, return it to the pot, and season with soy sauce, fish sauce and sugar. Simmer 5 minutes more and taste.
5. Slice the brisket about 5 mm (¼ in) thick, against the grain.
6. Soak the noodles in warm water for 15 minutes. Blanch a portion at a time in boiling water for 30 to 60 seconds, until soft, then drain into bowls.
7. In the same water, blanch the bean sprouts for 15 seconds and the greens for 1 minute, until bright green. Add to the bowls.
8. Top with sliced brisket, ladle over steaming broth, and finish with cilantro, scallions and fried garlic. Season at the table with lime, chilli, pepper and fish sauce.

Notes

- **Other cuts:** add beef balls or tendon, simmered in the broth for the last 30 minutes.
- **Make ahead:** keep the broth and sliced beef separately for up to 3–4 days (or freeze the broth 3 months); reheat to a boil before ladling.
- **Dry version:** serve the noodles tossed with a little broth and the toppings on the side.

- **Slow cooker:** put steps 1–2 into the slow cooker on low 8 hr or high 4–5 hr (no browning needed), then continue from step 4.