

Bo kho

★★★★☆ 4.3 | 9 ratings



By Xavier Bramble

This meltingly tender Vietnamese beef stew is absolutely packed with flavour. Marinate overnight for best results.

Each serving provides 711 kcal, 59g protein, 62g carbohydrate (of which 20g sugars), 24g fat (of which 4.4g saturates), 7.4g fibre and 2.9g salt.

Ingredients

For the marinade

500g/1lb 2oz shin of beef, cut into medium-sized cubes

1 tbsp vegetable oil

1 stem lemongrass, peeled, bashed and finely chopped

1 tbsp finely chopped garlic

Method

1. To marinate the beef, put the beef in a non-reactive, large bowl and add all the other marinade ingredients. Mix well and ensure that the beef is covered in the marinade. Cover and transfer to the fridge overnight for best results, alternatively leave at room temperature for 20 minutes.
2. Heat the vegetable oil in a large saucepan with a lid and add the cinnamon stick, star anise, and lemongrass. Infuse for 1 minute and then remove from the heat. Carefully remove the whole spices from the pan and set aside.

Prepare

Overnight

Cook

Over 2 hours

Serve

Serves 2

Dietary

Dairy-free | Egg-free |

Nut-free |

Pregnancy-friendly

1 tbsp minced ginger
1 red chilli, finely diced
½ tbsp smoked paprika
1 tsp dried thyme
1 tsp caster sugar
2 tbsp light soy sauce
1 tbsp hoisin sauce
½ tsp Chinese five-spice powder
1 tsp curry powder

For the stew

1 tbsp vegetable oil
1 cinnamon stick
1 star anise
2 stems lemongrass, bashed
3 shallots, finely chopped
2 garlic cloves, finely chopped
400ml/14fl oz coconut water
2 bay leaves
1 carrot, peeled and cut into 2cm chunks diagonally
1 potato, peeled and cut into 2cm chunks
dash oil

To serve

1 baguette
½ onion, thinly sliced
small handful coriander leaves

3. Heat the pan with the infused oil over a medium-high heat and fry the marinated beef until brown all over. Remove the beef from the pan and set aside.
4. Add the shallots and garlic to the pan and fry until softened, then add the beef back to the pan.
5. Pour in the coconut water, add the bay leaves and the reserved whole spices from the infused oil. Bring to a boil and simmer, covered for 1½ hours.
6. Remove the lid and let the stew simmer for 15 minutes to thicken, adding a few splashes of water if it needs it.
7. Heat a dash of oil in a frying pan over a medium heat and fry the carrot and potato for 5 minutes.
8. Add the fried carrot and potato to the stew and cook for 15 more minutes, until the vegetables are soft.
9. Serve in bowls topped with the sliced onion and coriander, with freshly sliced baguette on the side.