



VIETNAMESE

Bò Kho

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min + 30 min marinating	2 hr 15 min	Stew	Chuck roast & stew beef

Ingredients

- 1.2 kg (2½ lb) chuck roast, cut into 4 cm (1½ in) cubes
- 2 tbsp fish sauce, divided
- 1 tbsp sugar
- 1 tbsp curry powder (Vietnamese or mild Madras)
- 1 tbsp annatto oil (or vegetable oil mixed with 1 tsp paprika)
- 3 cloves garlic, minced
- 3 shallots, sliced
- 3 stalks lemongrass, bruised and cut in 8 cm (3 in) lengths
- 3 star anise
- 1 cinnamon stick
- 2 tbsp tomato paste
- 1 litre (4 cups) water or beef stock
- 3 carrots, cut into 4 cm (1½ in) chunks
- 2 tsp salt, or to taste
- Thai basil (or regular basil), lime wedges, sliced chillies and baguette, to serve

Steps

1. Toss the beef with 1 tbsp fish sauce, the sugar, curry powder and half the garlic. Leave to marinate for 30 minutes.
2. Heat the annatto oil in a heavy pot over medium-high heat. Brown the beef in two batches, about 5 minutes per batch, until deeply coloured. Set aside.
3. Lower the heat to medium, add the shallots, remaining garlic and lemongrass. Cook for 3 minutes until fragrant, then add the star anise, cinnamon and tomato paste for 1 minute.
4. Return the beef and pour in the water. Bring to a boil, skim the foam from the surface, then lower the heat to a gentle bubble.
5. Cover partly and stew for 1½ hours, until the beef is nearly tender.
6. Add the carrots and the remaining fish sauce. Cook for 30 minutes more, until the carrots are soft and the broth has deepened to a rich orange-red.
7. Remove the lemongrass, star anise and cinnamon. Taste for salt and sweetness, and serve with plenty of herbs and lime.

Notes

- **Serving:** with a crusty baguette for dunking, or over rice noodles or rice.
- **Make ahead:** the stew tastes better the next day.
- **Annatto oil:** warm 3 tbsp oil with 1 tsp annatto seeds for 2 minutes and strain, if you can find them.
- **Slow cooker:** brown the beef and build the aromatics, then cook with 750 ml (3 cups) water on low 8 hr or high 4–5 hr, adding the carrots for the last 2 hr on low.

- **Freezer:** freezes for up to 3 months; thaw overnight in the fridge and reheat until steaming hot.
- **Chef's touch:** marinate the beef overnight if you can; the fish sauce and curry powder season it all the way through.