

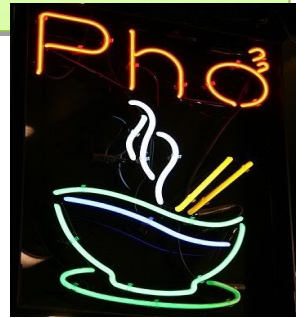
Make your own Vietnamese Pho Soup!



Saturday, January 14th starts at 10:30 am (2 hour class)

Pomfret Senior Center (207 Mashamoquet Rd)

Fee: \$10.00 per person Instructor: Ms. Tina Kelly



Pho Soup is: Fresh vegetables, rice noodles, spices and meat.

We will use onions, ginger, beef meat, pho spices, sugar, and rice noodles..

There will be a beef and vegetable version.

Pho Soup is a healthy option for the cold weather coming!

MUST REGISTER EARLY, WE CAN NOT TAKE WALK INS FOR THIS CLASS

Pho Soup Class on 1/14/17. Please mail and make your checks payable to: Pomfret Recreation Dept., 5 Haven Rd., Pomfret Center, CT 06259. Questions: 974-1423. Or email: Barbara.Gagnon@pomfretct.gov

Name: _____ Email address: _____

Home Address: _____

Home Phone # _____ Emergency Phone # or Cell # _____

Do you have any allergies or illnesses that we need to be aware of that may interfere with preparing or eating the food prepared in this class? Yes or NO If Yes, please explain _____

\$10.00 paid on ck. # - _____ or paid in cash

Please note: There are certain risks involved with participating in any Pomfret Recreation activity or event and I am willingly to assume these risks for myself/my child. I hereby waive and release all other participants, the Town of Pomfret, Pomfret Senior Center, Class Instructors, any and all others involved from all claims and/or damage incurred with this program. Please be aware that by signing this form you are releasing the Town of Pomfret and its instructor, from any and all responsibility or liability for any injury or illness resulting from touching or consumption of any food or beverage. No refunds unless there is a wait list for the program.

Signature _____ Date: _____

The Broth:

2 onions, halved

4" nub of ginger, halved lengthwise

5-6 pounds of good beef bones, preferably leg and knuckle

1 pound of beef meat—chuck, brisket, rump, cut into large slices (optional)

6 quarts of water

1 package of Pho Spices (1 cinnamon stick, 1 tbl coriander seeds, 1 tbl fennel seeds, 5 whole star anise, 1 cardamom pod, 6 whole cloves—in mesh bag)

1 1/2 tablespoons kosher salt

1/4 cup fish sauce

1 ioz. Regular sugar

2 pounds rice noodles (dried or fresh)

Cooked beef from the broth (shredded or thinly sliced)

1/2 pound flank, London broil, sirloin or eye of round, sliced as thinly as possible.

Big handful of each: mint, cilantro, basil

2 limes, cut into wedges

2-3 chili peppers, sliced

2 big handfuls of fresh bean sprouts

Hoisin sauce

Sriracha hot sauce