VIETNAMESE · LUNCH · DINNER

Bo Kho (Vietnamese Lemongrass Beef Stew with Carrots)

Bò kho

60 min · plus 30–60 minutes marinating Serves 8 441 kcal a serve

Video 12:02 in Vietnamese · Vành Khuyên Lê

No dairy listed No nuts listed

Pressure-cooked beef shank with carrots and tomato: about 45 g protein and 15 g net carbs a serve, with about 3 g added sugar; rich in vitamin B12, zinc and iron.

Diet notes: Low saturated fat (4.1 g, 8% of the energy); Gluten-free with a swap: Use tamari instead of soy sauce and a gluten-free seasoning powder to keep it gluten-free.

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Ingredients 27 · SERVES 8

- [ ] 1.35 kg **beef shank** (bắp bò), cut into 3 cm cubes
- [ ] 2 **garlic** cloves, minced
- [ ] 50 g **shallots**, minced
- [ ] 1 **lemongrass** stalk, finely minced
- [ ] 2 **lemongrass** stalks, bruised and cut in lengths
- [ ] 7 g **fresh ginger**, chopped
- [ ] 1 heaped tsp **Chinese five-spice powder**
- [ ] **Salt**: 1½ tbsp + ½ tbsp + ½ tsp seasoning powder (hạt nêm), divided
- [ ] **Sugar**: 1 heaped tbsp + ½ tbsp + ½ tsp sugar, divided
- [ ] 1 tsp **paprika**
- [ ] ¼ tsp **ground turmeric**
- [ ] 1 tbsp **soy sauce**
- [ ] 2 tbsp **fried-shallot oil** (or plain oil), for the marinade
- [ ] 3 tbsp **oil**, for the annatto oil
- [ ] 1 heaped tbsp **annatto seeds** (strained out of the oil)
- [ ] 2 tbsp **oil**, for frying
- [ ] 200 g **tomatoes**, seeded and chopped
- [ ] **Cinnamon**: a cinnamon stick and star anise (removed before serving)
- [ ] 3 **carrots** (300 g), cut 1 cm thick
- [ ] 1 litre **fresh coconut water**
- [ ] 1 small **onion** (100 g), cut in wedges, a little thinly shaved for the top
- [ ] 2 tbsp **cornflour or tapioca starch**
- [ ] 6 tbsp **water**, for the slurry
- [ ] **Thai basil** (húng quế), to serve
- [ ] **sawtooth coriander** (ngò gai), to serve
- [ ] sliced **chilli**, to serve
- [ ] **lime wedges**, to serve

Allergens found in the listed ingredients: Gluten, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the beef shank into 3 cm cubes. Mince the garlic, shallots and one lemongrass stalk very finely and add to the beef. 0:48
2. Add the five-spice, 1½ tbsp seasoning powder, 1 heaped tbsp sugar, paprika, turmeric, soy sauce and shallot oil; mix and marinate 30–60 minutes. Meanwhile chop the ginger, cut the other lemongrass, the onion, tomatoes and carrots. 1:33
3. Make annatto oil: warm 3 tbsp oil with the annatto seeds over medium-low heat until deep red, then strain out the seeds. 3:52
4. Cook the tomatoes with ½ tbsp annatto oil, ½ tsp sugar and ½ tsp seasoning over low heat until soft. 4:19
5. Fry the lemongrass, ginger, garlic and shallot in 2 tbsp oil in a pressure cooker until golden, then sear the beef on high heat about 5 minutes. Add the tomatoes, cinnamon and star anise; pressure-cook 10 minutes with no water (or simmer covered until tender). 5:37
6. Meanwhile stir-fry the carrots with ½ tsp annatto oil, ½ tbsp seasoning and ½ tbsp sugar over low heat for 3 minutes, set aside, and rinse the pan with the coconut water. 7:27
7. Let the pressure drop, open the pot and lift out the cinnamon. Pour in the coconut water and add the carrots, cover with an ordinary lid and simmer about 5 minutes until the carrots and beef are tender. 8:21
8. Mix the cornflour with 6 tbsp water. Add the onion wedges, then stir in the slurry until lightly thickened; turn off the heat and stir in the remaining annatto oil. Serve topped with shaved onion, Thai basil, sawtooth coriander, chilli and lime. 9:38

> **Tip** Serves 8 (our estimate from 1.35 kg beef). No pressure cooker? Simmer the beef covered until tender. In Vietnam it is eaten with a baguette, noodles or rice; a green salad keeps it lower in carbs.

The method is a summary in our words, in English — the video (in Vietnamese) shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
441 kcal 1,840 kJ	**45** g 90% of a day	**18** g 14 g net · 9.7 g sugars 7% of a day	**3.6** g 13% of a day	**21** g 4.1 g saturated 26% of a day	**890** mg 38% of a day

Energy from net carbs 13% · protein 42% · fat 45% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 200% · Zinc 125% · Selenium 72% · Omega-3 70% · Vitamin A 38% · Vitamin B6 38% · Iron 34% · Potassium 25% · Vitamin K 23% · Magnesium 20% · Vitamin E 20%

Source of (10–19%) Vitamin C 14%

Recipe and video: Vành Khuyên Lê (@VànhKhuyênLê) on YouTube — youtube.com/watch?v=7eG2GGM-p2c, published 7 July 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/bo-kho-vietnamese-beef-stew