

Bo Kho (Spicy Vietnamese Beef Stew)

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-kho-recipe>

Ingredients:

- 2 1/2 pounds beef brisket grass fed, trimmed and cut into 1½-inch chunks
- 1 stalk lemongrass trimmed of loose leaves, cut into 3-inch lengths, and bruised with a heavy object, e.g. ramekin, broad side of kitc...
- 3 tablespoons fish sauce Red Boat
- 1 1/2 teaspoons Madras curry powder
- 2 1/2 tablespoons fresh ginger peeled and microplaned
- 2 tablespoons applesauce
- 1 bay leaf
- 3 tablespoons ghee
- 1 yellow onion finely chopped
- 2 cups diced tomatoes canned, drained and crushed by hand
- 2 whole star anise
- 3 cups water
- 1 pound carrots peeled and chopped into 1-inch pieces
- kosher salt
- 1/4 cup chopped fresh cilantro

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 175 milligrams
4. Fat: 28 grams
5. Fiber: 6 grams
6. Protein: 63 grams
7. SaturatedFat: 9 grams
8. Sodium: 1560 milligrams
9. Sugar: 12 grams

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