

Pho-Vegan

This recipe makes about 24 cups



Ingredients

4 onions, diced
8 inches fresh ginger or 4 tbsp minced
8 tsp minced garlic or 10-12 cloves
16 cups vegetable broth
7-8 stalks lemongrass
4 tsp 5 spice powder
4 tsp coriander seeds
½ tsp ground cloves or 20 whole cloves
12-star anise
16-20 cinnamon sticks
8 tsp sesame seed oil
32oz tofu
8 oz rice noodles
4 cups bean sprouts
3 cup mushrooms sliced
10 green onions or scallions, chopped
1 bunch cilantro, chopped

Directions:

1. Set the Instant Pot to "Sauté" mode and add sesame oil.
2. Add star anise, cloves, cinnamon sticks, and coriander seeds—toast for about 1 minute until fragrant.
3. Stir in garlic, onions, and ginger. Sauté until onions are lightly sauteed
4. Add lemongrass, five-spice powder, salt, and pepper. Pour in the vegetable broth and stir to combine.
5. Seal the Instant Pot and cook on high pressure for 15 minutes.
6. Allow a natural release for 10 minutes before manually releasing any remaining pressure
7. While the broth cooks, press the tofu to remove excess moisture until firm. Cut into small chunks and place in a container with 1 tsp cornstarch per brick, coating evenly
8. Bake the tofu at 400°F for 15 minutes, flip, and bake for another 15 minutes until golden and crispy.
9. Remove the solids from the broth using a strainer. Strain the hot broth in a large bowl (The solid spices can be saved and reused for another batch of pho if desired)
10. Add an 8 oz package of rice noodles to the hot broth and let them soak for 15 minutes until tender
11. Evenly spread mushrooms, cilantro, green onions, bean sprouts, and any other desired garnishes across the freeze-dryer trays. Then distribute the baked tofu evenly across the trays
12. Separate the rice noodles from the broth and spread them evenly onto trays
13. Pour the broth evenly across the trays, ensuring it is well-distributed
14. Add dividers if using. We like the 4-portion setting.
15. Freeze dry (my cycle time was 25 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate, add 1 cup of hot water to 1 divider portion or about 1 ¾ cups of freeze-dried pho and stir until well combined. Let the mixture sit covered for about 5 minutes. Adjust the consistency to your preference.

Notes: If using the dividers, you could place the noodles on the trays and then add the dividers to the desired portion size. Next, place all topping in each section of the dividers and add broth

Nutritional Value Per 2 cups pre-freeze-dried

Calories: 167 Protein: 8 g Fat: 5 g Carbohydrates: 23 g Sugar: 4 g Fiber: 4 g

www.freezedryingcookbook.com