

Southwestern Bison Pho

Makes 6 Servings

Ingredients:

Broth

- 4 lbs mixed bison bones such as shanks, marrow, or knuckles
- 1 lb bison brisket
- 2 yellow onions, quartered
- 1 celery stick, cut into 2 pieces
- 1 green bell pepper, quartered
- 2 tablespoons olive oil
- 6 garlic cloves
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- 1 cinnamon stick
- 1 tablespoon whole black peppercorns
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- ½ cup fish sauce
- 1 tablespoon brown sugar
- Salt and pepper to taste

Serving Accompaniments

- 1 lb bison sirloin (chilled in freezer for ~ 15 minutes easy thin slicing)
- 12 oz dry rice noodles (blanched 1-2 minutes in boiling water)
- 1 lime, cut into 8 wedges
- 1 red onion, thinly sliced
- 2 cups fresh cilantro
- 2 jalapenos, thinly sliced
- 2 corn on the cob, quartered
- Sriracha or other hot sauce (optional)

Directions

1. Parboil bones:
 - a. Add bones to Instant Pot or pressure cooker. Top with brisket, 8-10 cups of water, and 1 tablespoon of salt. Set to high saute and cook for 30 minutes covered with lid.
 - b. Remove brisket and set aside for future use. Remove bones. Drain in a large colander and rinse. Reserve for future use. Wash and dry pot.
2. Toast the Aromatics

- a. Turn the Instant Pot to High Saute. Add oil, onion, celery, garlic, bell pepper, garlic, coriander, fennel, cinnamon, peppercorn, cumin, and paprika. Cook for 10-15 minutes, stirring occasionally to prevent burning. Then turn off pot.
3. Simmer the Broth
 - a. Add bones and brisket back to Instant Pot with aromatics. Set to pressure cook on high for 1.5 hours.
 - b. Remove brisket and place on cutting board.
 - c. Strain broth with fine mesh strainer to remove bison bones, vegetables, and other debris.
 - d. Skim fat if necessary.
 - e. Return stock to pot
4. Fine-tune the Broth
 - a. Add brown sugar and fish sauce to broth and bring to boil.
 - b. If needed add salt, pepper, fish sauce, or sugar to taste.
5. Prep the Bowls
 - a. Blanch rice noodles for 1-2 minutes in boiling water.
 - b. Thinly slice brisket across the grain
 - c. Remove sirloin from freezer and thinly slice
 - d. Divide warm rice noodles into 6 bowls, top with slices of brisket and sirloin.
 - e. Top each bowl with 2-3 cups of hot broth
6. Top the Bowls
 - a. Add lime, red onion, cilantro, jalapeno, corn, and hot sauce as desired
7. Enjoy a Vietnamese-American Fusion Soup

Kyle Reynolds
Benjamin Lee Bison
Rogers, AR 72758
kyle@benjaminleebison.com