

Dilmah Beef, Moringa, Chili, Cocoa and Cardamon Soup



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- Sub Category Name
Food
Soups
- Recipe Source Name
Tea infused
- Festivities Name
Autumn
Winter

Used Teas



Red Rooibos
Moringa, Chilli,
Cocoa & Cardamom

Ingredients

Dilmah Beef, Moringa, Chili, Cocoa and Cardamon Soup Tea infused dish FOR Broth

- 2kg of beef knuckles or leg bones
- 4lt cold water
- 2 medium onions, quartered



- 4-inch piece of fresh ginger, halved lengthwise
- 20 Moringa, chilli, cocoa and cardamon tea bags
- 1 1/2 tablespoons salt
- 1/4 cup fish sauce,
- 2 tbs cane sugar (see note below)

FOR Assembly Soup Bowls

- 1 packet (1/8-inch wide) dried or fresh “banh pho” noodles
- 300g pound raw eye of round, sirloin or tri-tip steak, thinly sliced across the grain (see note)
- 1 thinly sliced onion
- 1/4 cup chopped coriander leaves

Methods and Directions

Dilmah Beef, Moringa, Chili, Cocoa and Cardamon Soup Tea infused dish FOR Broth

- **Parboil Bones:** Add beef bones to a large pot that will hold at least 10 liters. Then, cover bones with cold water. Place pot onto high heat and bring to a boil. Boil for 3 to 5 minutes. During this time, impurities and foam (or scum) will be released and rise to the top.
- **Drain bones,** discarding the water. Then, rinse bones with warm water and scrub stockpot to remove any residue that has stuck to the sides. Add the bones back to the stockpot and cover with 3 liters of cold water.
- **Char Onion and Ginger:** Move an oven rack to a high position then turn grill to high. Line a baking sheet with aluminium foil.
- Place quartered onions and halved ginger onto baking sheet then grill for 10 to 15 minutes, turning onions and ginger occasionally so that they become charred or browned on all sides.
- Tie the tea bags together with butchers’ twine to seal.
- **Simmer Broth:** Bring stockpot with parboiled bones and water to a boil then lower to a gentle simmer. Add charred onion and ginger as well as the tea.
- Next, add 1 1/2 tablespoons of salt, a 1/4 cup of fish sauce and the cane sugar.
- Continue to simmer broth for 3 hours. If at any time foam or scum rises to the surface, use a spoon to remove it.
- **Strain Broth:** Use tongs or a wide mesh spoon to remove bones, onion and ginger from broth then strain broth through a fine mesh strainer