

# A Bus On A Dusty Road

Life Lessons From Living in Asia

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## **Bún Bò Nam Bộ - Vietnamese Beef Noodles** **6 Servings**

**For this recipe you will need about 100 grams or 3.5 ounces of garlic that is finely cut up or pressed. This is about 6 gloves of small size garlic. You can feel free to add or take out the garlic as to your own preferred tastes.**

### **Beef:**

600 grams or 1.3 pounds of thinly sliced beef.  
2 Tablespoons Sugar  
1 Teaspoon sea salt  
2 Teaspoon pepper  
2 Tablespoons vegetable oil  
1 Teaspoon Fish Sauce  
2 heaping Teaspoons minced garlic  
2 Tablespoons Vegetable Oil

Vegetable oil for cooking the meat  
Extra garlic to fry the meat with.

### **Bún Bò Nam Bộ Sauce:**

4 cups water  
1/2 Cup Sugar  
1/2 Cups Fish Sauce  
1/4 Cup Apple Cider Vinegar  
3 pieces fresh small red chill cut up in small pieces  
3 heaping teaspoons garlic  
2 heaping teapots red chili peppers finely cut up.  
1 1/2 teaspoons black pepper

You can add or delete the sugar according to your taste. You can put in less sugar or more.

### **For the Bún Bò Nam Bộ Salad**

225 grams or 1/2 pound peanuts (cut up in small pieces)  
400 grams or about .88 pounds of fresh bean sprouts  
1 kilo or 2.20 pounds rice noodles (cooked)  
2 large heads of lettuce or about 300 grams or .66 pounds of lettuce.  
67 grams or 2.35 ounces of cilantro (this is about one bunch cilantro)  
30 grams fresh mint or 1.05 ounces of fresh mint (about 1/2 bunch of fresh mint)

### **Directions:**

Mix the sugar, salt, pepper, garlic, fish sauce and vegetable oil into the thinly sliced beef. Let it marinate at least 1 hour. You can also prepare ahead of time and let it marinate over night.

While the beef is marinating you can mix up the Bun Bo Nam Bo sauce. Just add the water, sugar and then stir until the sugar dissolves in the water. Then add the fish sauce, apple cider vinegar, Red chili peppers, garlic and black pepper. You can allow this to sit but this sauce is usually best if used the same day you make it.

For the salad cut up all the salad in small bite size pieces. For the fresh bean sprouts quickly steam or blanch them in water. You want them to be slightly crunchy. You can also do a quick fry on these if you prefer that.

Heat the vegetable oil in the pan until hot. Then put in about a tablespoon of garlic. Cook the garlic until it is brown then add the beef and let the beef cook. You may need to do this twice with amount of beef you have. Cook the beef right before serving.

Boil the noodles so you can serve them hot.

You should serve the following warm (they do not need to be hot) - noodles, beef, and bean sprouts. You can also heat up the Bun Bo Nam Bo sauce.

### **Serving Bún Bò Nam Bộ - The Bún Bò Nam Bộ Bowl**

Cilantro and mint cut up at the bottom

Put noodles on top of it.

Add the Lettuce, beef, peanuts and more cilantro and mint on the top

Pour in as much of the Bun Bo Nam Bo as you want. Some people like it dry but I prefer to use a lot of the sauce. Mix it all up and eat it with the sauce. To see more of how to eat it and to serve it you can watch our video on Bun Bo Nam Bo on our You Tube Channel ***A Bus On A Dusty Road***