

# Thai Beef Soup (Gad Lao Nua)

## Ingredients:

2 1/2 lbs. beef chuck roast-with or without bones. Cut into 1 square inch chunks.  
2 tsp sugar  
2 tsp salt  
2 tbsp Thai light soy sauce  
2 tbsp Thai dark soy Sauce  
1/4 cup yellow soy bean sauce (Golden Mount or Maggie brand)  
1/2 tsp MSG (optional)  
2 cups bean sprouts  
1/2 cup chopped cilantro leaves  
1/2 cup chopped green onions  
3 tbsp fish sauce (Nam Pla)  
2 tbsp minced garlic--fried in 1 tsp oil until crispy

## Stock Seasonings:

1 tsp crushed black or white pepper  
One 1 inch piece cinnamon stick  
1 whole head of garlic-washed  
One 1/2 square inch piece galanga (Kha) or ginger  
2 stalks celery--cut 1 inch pieces

Place all the ingredients in a clean thin white cloth or cheesecloth and tie into a bag with a piece of thread.

## Directions:

Bring 15 cups of water to a boil.  
Add beef and cook until well done.  
Skim off all the frothed blood.  
Reduce heat, add seasoning bag and simmer until beef is tender (about 3 hours).  
Remove beef and discard the seasoning bag and strain the broth with cloth once.  
Return both the beef and broth to the pot.  
Bring to a boil and add light, dark and yellow soy sauces, MSG, sugar and fish sauce.  
Stir a few times and remove from heat. Place 1/2 cup of bean sprouts in each individual serving bowls.  
Spoon in the desired amount of soup.  
Sprinkle about 1 tbsp each of green onions and cilantro and 1 tsp fried garlic.  
Serve alone, with cooked rice or boiled rice or somen noodles and chili sauce.

Makes 4 servings

## Chili Sauce:

5-6 minced medium chilies  
5 tbsp white vinegar  
1 tsp salt  
Combine the above ingredients and stir until salt is dissolved.