

PREVIEW - Jeffry Gerber (Vietnamese Pho)
Cooking keto with Kristie (Breckenridge 2018)

Kristie Sullivan: Hi, I have with me Dr. Jeffry Gerber, Denver's Diet Doctor, and we're making one of his favorite dishes, Vietnamese...?

Dr. Jeffry Gerber: Vietnamese "Phuh".

Kristie: Okay, I've been saying "pho".

Jeffry: People say, "You're eating tendon? That's like chewing on a rubber band. Why would you want to do that?"

Kristie: Why would you want to do that?

Jeffry: When they prepare the tendon, it melts in your mouth.

Kristie: It's so pretty.

Jeffry: It's delicious!