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**The Healing Cuisine of China – Zhuo Zhao & George Ellis**

## **Coughs**

*To provide relief for coughs, ginger and onion combinations are prepared with daikon, which has cool, pungent, and sweet characteristics and eliminates hot irritation of the throat and bronchi.*

### **Daikon, Ginger, and Scallion Soup**

*This popular remedy for coughs and colds also clears catarrh and counteracts body pains, weakness, and lethargy due to colds.*

3 cups (750 milliliters) water  
1 medium daikon, cut it into ½ inch slices  
1 tablespoon (15 grams) sliced fresh ginger  
6 white heads of scallion, sliced

Bring the water to a boil in a medium saucepan. Add the daikon to the water. Continue to boil over a medium flame for 20 minutes, or until the daikon is soft. ("Soft" is defined in China as yielding enough to push the point of a chopstick through the daikon slice with ease).

Add the sliced scallion and ginger to the pot. Reduce the flame to low. Simmer for another 10 minutes, or until two-thirds of the water has evaporated.

Remove from heat. Consume hot.