

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.