

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

*The following remedies are diaphoretics for feng-han colds (colds characterized by liquid catarrh and a runny nose). These remedies should be taken just before going to bed either at night or, if the cold is bad enough, during the day. Most of these sweat-inducing dishes are based on ginger and the white head of spring onion, or scallion, two of the best diaphoretics available.*

### Ginger and Pear Soup

2 cups (500 milliliters) water  
1 pear  
1 tablespoon (15 grams) sliced fresh ginger  
1 tablespoon (15 grams) sliced scallion, white heads only  
2 eggs, beaten

Bring the water to a boil in a small saucepan. Cut the pear in half; do not peel it. Add the pear, ginger, and scallion to the water. Return to a boil, cover the pan, and reduce the flame to low. Simmer for 20 minutes.

In the meantime, thoroughly beat the eggs in a glass or ceramic bowl. When the broth is ready—you will know it is when the aroma of ginger spreads through your kitchen—pour the decoction into the bowl containing the two beaten eggs. Mix and drink the decoction while it is still hot, then get under a heavy quilt or thick blanket for a good sweat.

Take this remedy once a day for three or four days, or until the cold goes away.