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The Healing Cuisine of China – Zhuo Zhao & George Ellis

Ginger and Scallion Soup

A good sweat-inducing recipe for when you feel a cold developing is a hot soup.

2 cups (500 milliliters) water
2 tablespoons (30 grams) fresh ginger, sliced
2 tablespoons (30 grams) white head of scallion, sliced

In a medium saucepan, bring the water to a boil. Add the ginger and scallion and simmer over a low flame for 15 minutes, or until the ginger is soft and its smell has spread through your kitchen. Drink hot before bedtime. Stay away from the cold, and especially from cold drafts (the “evil air”).