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## **COOKING INSTRUCTIONS FOR CHINESE HERBS**

### **Overview.**

You are basically going to cook this batch of twigs and roots and berries two times in water, saving the tea from both decoctions as your tea to drink. Now for the details.

### **Specifics!**

~ If you have one or more little baggies in your big bag, put them aside for now. Look below for specific instructions based on the instructions printed on the little baggie.

~ Put one entire big bag of raw herbs into a non-aluminum pot. (The old-fashioned Chinese way is to put them in a clay pot. You can use stainless steel, glass, or an enameled pot.)

~ Cover the herbs with water and then add about 2 more inches of water.

Bring the mixture to a boil and let it simmer for a total of 40 to 45 minutes.

While it is simmering, cover the pot with a lid.

~ If there are herbs in a separate bag that need to be cooked for a shorter time, add them in at the end of this simmering. (See below for specifics) After this simmering, strain the tea off of the herbs into a bowl.

~ Put all of the herbs back into the pot and fill with water just to cover the herbs. They will have expanded now. Bring this to a boil and let it simmer, covered, for 40 to 45 minutes. Strain the mixture into the bowl with the tea from the first simmering.

~ Your tea is the strained liquid from both decoctions. You should take this tea over a period of about 7 days. (So if the total volume is 7 cups. Take 1/2 cup twice a day.) Keep it stored in the refrigerator. When drinking the tea, feel free to add hot or warm water, so the tea is at a comfortable temperature for you.

### **More Specifics!**

You may have a little baggie with instructions on it. It might say:

~ “Last 15 (or 10, or 5) minutes” This means that you should add the herbs in the last 15, 10 or 5 minutes of the first cooking. So that if your baggie says cook “last 15 minutes,” once the herbs have cooked for about 30 minutes, add the little baggie herbs to the pot and continue simmering for 15 more minutes. These herbs tend to be fragrant and will lose their potency if the fragrance is cooked out of them.

~ “Cook for 30 to 60 minutes before” This means that the herbs in this baggie should be cooked longer than the herbs in the big bag. So, put the herbs in this little baggie in the pot, cover with plenty of water, bring to a boil, cook covered for 30 to 60 minutes and then add the big bag of herbs and bring to a boil and started the 40 to 45 minute decoction.

~ “Add at the end of cooking” These herbs are not to be cooked at all. They will dissolve in the hot liquid. Just add them into the hot liquid that you get from either decoction.

~ “Add 3 (or whatever #) slices of ginger” This means that you add raw ginger root that you get in the produce section of the grocery store. The slices should be about 1/8 inch in width. They are added at the beginning of the cooking.