

DECONGESTING DAIKON SOUP

INGREDIENTS:

- 1 small daikon radish, diced into 1/8-inch pieces (about 2 cups diced).
- 1 (1 inch) piece fresh ginger, peeled and grated or minced.
- 1 tablespoon or 1 large piece (0.15 ounces, or 4 grams) dried tangerine peel (chen pi).
- 4 cups water
- Salt
- Condiments or garnish: chopped green onions, chopped cilantro, lemon or lime juice, white pepper, and/or a few drops of sesame oil.

DIRECTIONS:

1. Combine the daikon, ginger, dried tangerine peel, and water in a pot. Bring to boil, then lower the heat and simmer, covered for about 30 minutes. The daikon will become soft.
2. Add salt to taste before serving.



Daikon, similar to red radish that we commonly see in supermarket, is usually white but sometimes can be tinged with green and comes in several varieties. Most common is 2 to 3 feet long and 2 to 3 inches wide. They can be found at Asian supermarkets.