

Ginger Red Date Tea

Makes 4 servings

3 – 4 cups water

1/4 cup crushed rock sugar

8 thin slices fresh ginger or 3 tbsp ginger juice

3 tbsp diced crystallized ginger

10 Medjool red dates, pitted and sliced

1 pc dried tangerine peel (optional)

Mint sprigs, for garnish

Bring water to a boil over medium-high heat. Add all remaining ingredients. Reduce heat to medium-low to low and cook for 20 – 25 minutes (soft boil). Remove tangerine peel and ginger slices.

Ladle into small bowls or cups. Garnish with mint sprigs.

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