

Three Dates Tea with Longan 桂圓三棗茶

Makes 4 servings

On Lok, May 2025

“Celebrating Home Cooks”

¼ cup	dried longan
10	dried red (jujube) dates, pits removed
3	honey (Medjool) dates
3	black dates
2	thin slices ginger
2 tbsp	raw brown sugar or to taste (optional)
5 cups	water

Rinse all dried dates to remove any surface dirt. Place all ingredients in a pan and bring to a boil over medium-high heat. Reduce heat to low and simmer for 30 minutes. Skim off and discard any scum that appears on the surface. Serve hot.

Remark:

This tea is especially beneficial for ladies who often feel cold. When drunk regularly, this tea will strengthen one’s internal energy and promote good circulation.

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Jujube and Medjool dates differ in nutrition, flavor, and appearance.

	Jujube	Medjool date
Appearance	Red and sometimes called "red dates"	Deep brown and elongated with a pointed end
Flavor	Caramel-like and milder than dates	Sweet and gooey on the inside
Nutrition	High in vitamin C, iron, calcium, and phosphorus	Popular date variety
Health benefits	May help with anemia, stress, and cardiovascular health	Contains many nutrients

Other jujube facts

- Jujube is also known as "red dates"
- Jujube is a versatile ingredient that can be eaten anywhere
- Jujube is used in Traditional Chinese Medicine to help with anxiety and insomnia
- Jujube is rich in phosphorous, which is a key component of red blood cells
- Jujube contains betulinic acid and jujuboside B, which may help prevent blood clots

Medjool date facts

- Medjool date is also known as the California date
- Medjool date is one of the world's most popular date varieties