



Chikcha

Arrowroot Tea | 칩차



A deeply soothing, earthy, and highly therapeutic traditional Korean tea made by simmering dried kudzu root (also known in herbal medicine as *Galgeun*). It carries a profoundly earthy, slightly bitter flavor that finishes with a gentle, lingering natural sweetness. Revered for centuries, this tea is Korea's ultimate natural hangover cure due to its incredible liver-detoxifying properties. Furthermore, because it is exceptionally rich in plant-based estrogens, it is highly sought after as a wellness tonic for easing menopausal symptoms.

 **Total: 40 mins** | **Prep: 5 mins** | **Cook: 35 mins** |  **Very Easy** | 
Earthy & Mildly Sweet |  **Ultimate Hangover Cure**

Ingredients (3-4 servings)

- **Main Ingredients:** 30g dried kudzu root (*chik / galgeun*), 1.5 liters water
- **Optional Sweetener:** Honey to taste

Substitutes & Notes

- **Honey** → Agave nectar, maple syrup, or sugar for a fully vegan option.

Allergy Information

- **Warning:** If using honey, do not serve to infants under 1 year old due to the risk of botulism. (*Fully Vegan & Vegetarian-friendly if using syrup or no sweetener*)

Equipment

- Kettle or Medium Pot, Fine-mesh Strainer

Cooking Instructions

1. **Washing:** Place the dried kudzu root pieces in a strainer and rinse them gently under cold running water to remove any lingering dirt or dust.
2. **Boiling:** In a kettle or pot, combine the 1.5 liters of water and the rinsed kudzu root. Bring to a rolling boil over high heat.
3. **Simmering:** Once boiling, reduce the heat to low. Let it simmer gently for 30 minutes to fully extract the earthy flavors and therapeutic properties from the tough roots.
4. **Finishing & Serving:** Turn off the heat and strain out the solid root pieces. Pour the warm tea into mugs and stir in a spoonful of honey to beautifully balance the earthy bitterness. You can also let it cool and drink it chilled like refreshing water!

💡 Cooking & Pairing Tips / Health Benefits

- **The Powdered Alternative:** If you purchased roasted "Kudzu powder" instead of dried roots, the process is even easier! Simply mix 1–2 tablespoons of the powder directly into a mug of hot water, add honey, stir well to prevent clumps, and enjoy immediately.
- **The Hangover King:** Kudzu root is packed with catechins and daidzein, which actively help break down alcohol and protect the liver. A warm cup of this tea the morning after drinking is Korea's most trusted remedy for an upset stomach and a pounding headache.
- **Women's Wellness Tonic:** Kudzu root contains roughly 30 times more phytoestrogens than soybeans and 600 times more than pomegranates. It is highly regarded as a natural supplement for alleviating menopausal symptoms like hot flashes and mood swings.

Nutrition Facts (Estimated)

Total Content : Approx. 250ml (1 serving, un-sweetened)

Calories : 15 kcal

– Sodium : 2mg

– Total Carbohydrate : 3.5g

– Sugar : 1.0g

– Total Fat : 0.0g

– Saturated Fat : 0.0g

– Cholesterol : 0.0mg

– Protein : 0.2g

– Calcium : 10.0mg

*Daily Values are based on a 2,000 calorie diet and standard Korean nutritional reference values

**Nutritional values are calculated based on the original ingredients, not substitutes

The Subterranean Vitality of Kudzu: A Rustic Symphony of Earthly Puerarin and Restorative Clarity

Chikcha (Arrowroot Tea / Galgeuncha) stands as the most grounded and resolute pillar of traditional Korean herbal gastronomy (*Eumcheongnyu*), where the formidable roots of wild kudzu—burrowed deep into rocky mountain soil—surrender their dense vitality through patient drying, roasting, and sustained

decoction. Amassing complex starches and profound botanical medicines within its rugged fibers, the arrowroot gently sheds its raw herbaceous edge upon entering rolling hot water, coaxing forth a deep, roasted woodland essence to the surface.

Billowing warm, woody steam from a rustic ceramic cup, the tea's rich aroma quiets an overstimulated mind long before the liquid graces the palate. The initial sip delivers an authentic, grounded bitterness that commands the senses, which gracefully dissolves into a delicate, lingering natural sweetness as it glides down the throat—tenderly comforting internal organs exhausted by physical fatigue and alcohol metabolism.

True gastronomy does not rely on fleeting, refined sweetness; it flourishes in the ancestral wisdom of harnessing nature's most unvarnished roots to realign bodily equilibrium. Slowly savoring a steaming bowl of Chikcha today is a restorative healing ritual—clearing away toxic heat and fatigue while replenishing the spirit with pure, subterranean strength.

Editor's Review

1. A Grounded Sensory Cadence of Deep Woodland Aromatics, Resolute Bitterness, and Lingering Earthy Sweetness

The moment the teacup nears the lips, the comforting fragrance of deep forest earth and roasted bark surrounds the senses, gently diffusing tension. Taking a sip releases a pronounced, medicinal bitterness that firmly coats the tongue, swiftly followed by a subtle, naturally sweet finish that blooms at the back of the palate. This interplay reveals an elegant structural complexity within a rugged exterior, delivering a multi-dimensional tasting experience.

2. Puerarin and Daidzein Isoflavone Thermal Solubilization and Polysaccharide Mechanics

Chikcha represents an exacting study in phytochemical extraction kinetics, utilizing sustained decoction to breach the densely lignified cell walls of the dried root. This controlled thermodynamic extraction leaches high concentrations of bioavailable isoflavones—chiefly puerarin and daidzein—without thermal degradation, actively supporting alcohol dehydrogenase pathways and hepatic cellular recovery. Concurrently, dissolved natural starches and soluble polysaccharides form a delicate structural body that naturally buffers sharp bitter compounds, ensuring a smooth, round mouthfeel.

3. Soothing Solace for Modern Fatigue and the Grounding Sanctuary of Nature's Deep Roots

Facing the parched aftermath of a long evening or navigating the physical fluctuations of mid-life transitions, a warm cup of simmered arrowroot tea serves as an intimate sanctuary for systemic recovery. Revered for centuries as an essential restorative brew to dispel toxic heat and reinforce physical resilience, partaking in this honest, grounding infusion clears away modern exhaustion, granting a timeless sanctuary of stillness, physical rejuvenation, and lucid vitality.

