KOREAN CUISINE

Daechucha

Jujube Tea | 대추차



https://koreancuisine.net

A rich, deeply comforting traditional Korean wellness tea made from dried jujubes (Korean red dates). The jujubes are boiled until incredibly soft, then mashed and strained through a sieve or cheesecloth. This extracted, velvety pulp is then gently simmered again into a thick, full-bodied tea. Even without added sugar, the jujubes release a profound, natural sweetness. It has been beloved for centuries as a traditional health remedy to warm the body, soothe the nerves, and ward off winter colds.

⏱️ **Total: 1 hr 30 mins | Prep: 10 mins | Cook: 1 hr 20 mins |** 🍳 **Easy |** 🟤 **Sweet & Velvety |** 🌿 **Traditional Wellness Tea**

Ingredients (3-4 servings)

- **Main Ingredients:** 100g dried jujubes (*daechu*, Korean red dates), 1.5 liters water
- **Optional Garnish & Sweetener:** 1 tbsp pine nuts (for garnish), honey to taste

💡 **Substitutes & Notes**

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

Allergy Information

- **Contains:** Pine nuts (if using as garnish)
- **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 sugar/syrup or no sweetener)*

Equipment

- Medium Pot, Fine-mesh Strainer or Cheesecloth, Wooden Spatula or Spoon

Cooking Instructions

1. **Washing:** Soak the dried jujubes briefly in water (with a pinch of baking soda if available) and scrub them thoroughly under running water to remove any dust caught in their deep wrinkles.
2. **First Simmering:** In a pot, combine the washed jujubes and 1.5 liters of water. Bring to a boil over high heat, then reduce to low. Let it simmer gently for about 1 hour until the jujubes are completely softened and mushy.
3. **Mashing & Straining:** Scoop out the softened jujubes and place them in a

fine-mesh strainer over a bowl. Using a wooden spatula, firmly press and mash the jujubes through the strainer to extract the thick, sweet pulp. (Alternatively, you can place them in a cheesecloth and squeeze the juice out). Discard the leftover pits and rough skins.

4. **Second Simmering:** Return the extracted jujube pulp and juice to the pot with the original boiling water. Simmer over low heat for another 15–20 minutes, stirring occasionally to prevent burning, until the tea reduces into a thick, syrupy, and rich consistency.
5. **Finishing & Serving:** Pour the hot tea into mugs. Float a few pine nuts on top for a traditional touch. (The tea is naturally quite sweet, but you can stir in a little honey if desired.)

💡 Cooking & Pairing Tips / Health Benefits

- **Nature's Sleep Aid:** In traditional Eastern medicine, jujubes are highly regarded as a natural nerve relaxant. Drinking a warm cup of this thick tea before bed is a well-known home remedy for relieving stress and combating insomnia.
- **The Magic of the Pulp:** Unlike regular teas made by simply steeping ingredients, extracting and simmering the actual fruit pulp is the authentic secret to this tea's uniquely velvety, soup-like texture.
- **Winter Immunity:** Rich in Vitamin C and known for its warming properties, this tea is an essential winter staple in Korea, often consumed at the first sign of a cold or a sore throat.

Nutrition Facts (Estimated)

Total Content : Approx. 250ml (1 serving, un-sweetened)
Calories : 75 kcal
– Sodium : 2mg
– Total Carbohydrate : 18.0g
– Sugar : 15.0g
– Total Fat : 0.2g
– Saturated Fat : 0.0g
– Cholesterol : 0.0mg
– Protein : 1.0g
– Calcium : 15.0mg

*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 Velvet Elixir of Concentrated Time: A Symphony of Sun-Dried Jujube and Gentle Fire

Daechucha (Jujube Tea) is the densest and most opulent crystallization of Korean traditional beverage gastronomy, where sun-ripened red dates—wrinkled and packed with concentrated sweetness—transform through patient, slow decoction. Transcending simple herbal infusions, the authentic method requires gently boiling the fruits until soft, pressing the rich pulp through a fine hemp cloth, and simmering the strained nectar over a low, steady flame. This demanding artisanal process systematically extracts and condenses every drop of vital energy stored within the fruit.

Steaming warmly inside a thick ceramic bowl, this deep reddish-brown brew fills the surrounding air with a rich, roasted fruity aroma long before it touches the palate. Distinct from the sharp edges of refined sugars, its heavy, natural sweetness glides over the tongue like liquid velvet, sending soothing warmth through the body as it goes down.

True gastronomy does not rely on superficial culinary displays; it thrives in the holistic wisdom of drawing forth an ingredient's full essence to revitalize tired spirits. Holding the warm bowl with both hands and slowly savoring this concentrated nectar today is a serene healing ritual—melting away tension and fatigue while replenishing the soul with gentle, enduring tranquility.

Editor's Review

1. A Velvety Sensory Embrace of Dense Fruity Sweetness and Crunchy Pine Nut Accents

The moment the thick brew coats the palate, its luxurious, soup-like viscosity commands the mouth, releasing an intense, naturally caramelized date sweetness paired with subtle earthy undertones. Floating pine nuts and delicately carved jujube blossoms introduce a contrasting nutty crunch that balances the rich, syrupy body, orchestrating an endlessly engaging and dynamically comforting sensory experience.

2. Pectin Solubilization Thermodynamics and Natural Sugar Rheological Mechanics

Daechucha represents a masterclass in food rheology and aqueous extraction. Extended boiling converts the insoluble protopectin within the jujube's cellular walls into soluble pectin, which forms a stable, homogenous colloidal suspension once strained through cloth. During the secondary concentration phase, natural free sugars (fructose, glucose, and sucrose) undergo subtle caramelization, developing a deep mahogany hue and complex aroma. The concentrated polysaccharides naturally optimize fluid viscosity, achieving a rich, velvety texture without requiring synthetic thickeners.

3. Meditative Warmth in a Ceramic Bowl and the Grounding Solace of

Inner Peace
Encountering a steaming bowl of jujube tea on a brisk afternoon serves as an authentic emotional sanctuary, softening the sharp edges of daily stress. Celebrated for generations as a restorative tonic to replenish energy and soothe an overactive nervous system, sipping this warm, ruby nectar washes away mental fatigue, granting a timeless refuge of stillness, wholesome vitality, and maternal comfort.



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