



# Saenggangcha

Ginger Tea | 생강차



<https://koreancuisine.net>

A potent, spicy, and deeply warming traditional Korean wellness tea renowned for its ability to chase away the winter chill. Freshly sliced ginger and dried jujubes are gently simmered together to extract their rich, aromatic properties. Known as nature's cold medicine in Korea, it warms the body from the inside out and boosts circulation. A generous spoonful of honey is typically stirred in just before drinking to perfectly balance and mellow out the ginger's peppery bite.

 **Total: 35 mins** | **Prep: 5 mins** | **Cook: 30 mins** |  **Very Easy** |   
**Spicy, Earthy & Sweet** |  **Nature's Cold Remedy**

### Ingredients (3-4 servings)

- **Main Ingredients:** 50g fresh ginger root, 3–4 dried jujubes (*daechu*, Korean red dates), 1 liter water
- **Optional Sweetener:** Honey to taste

### Substitutes & Notes

- **Honey** → Agave nectar, maple syrup, or regular 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 sugar/syrup or no sweetener*)

### Equipment

- Knife, Cutting Board, Kettle or Medium Saucepan, Fine-mesh Strainer

### Cooking Instructions

1. **Prepping the Ginger:** Wash the fresh ginger thoroughly to remove any dirt. Using the edge of a spoon or the back of a knife, gently scrape off the skin. Slice the ginger thinly (about 2–3mm thick) to maximize flavor extraction.
2. **Prepping the Jujubes:** Wash the dried jujubes well, rubbing away any dust in their deep wrinkles. (Make a small slit in each jujube to help release their natural sweetness into the broth).
3. **Boiling:** In a kettle or saucepan, combine the 1 liter of water, sliced ginger, and jujubes. Bring to a rolling boil over high heat.
4. **Simmering (Steeping):** Once boiling, reduce the heat to low. Let it simmer gently for 20–30 minutes until the water is deeply infused with the robust

spiciness of the ginger and the earthy sweetness of the jujubes.

5. **Finishing & Serving:** Turn off the heat and strain the tea to remove the solids. Pour the hot tea into mugs and stir in honey to taste to tame the sharp, fiery kick of the ginger.

#### **Cooking & Pairing Tips / Health Benefits**

- **Nature's Cold Medicine:** Ginger is packed with *gingerol* and *shogaol*, active compounds known to boost blood circulation and induce sweating. It is the absolute go-to Korean home remedy for soothing chills and fighting off early cold symptoms.
- **The Perfect Synergy:** While ginger alone can be quite sharp and fiery, boiling it with jujubes (which are also highly regarded in Eastern medicine for their warming properties) adds a gentle, earthy sweetness that rounds out the flavor beautifully.
- **Why Peel the Ginger?:** In traditional Eastern medicine, ginger flesh warms the body, but its skin has a cooling effect. When making tea specifically to fight a cold, it is recommended to peel the skin to maximize its warming benefits.

#### **Nutrition Facts (Estimated)**

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

Calories : 10 kcal

– Sodium : 1mg

– Total Carbohydrate : 2.5g

– Sugar : 1.0g

– Total Fat : 0.0g

– Saturated Fat : 0.0g

– Cholesterol : 0.0mg

– Protein : 0.2g

– Calcium : 5.0mg

\*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

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**The Fiery Vitality of Golden Roots: A Restorative Lyricism of Warmth and Sweet Jujube**

Saenggangcha (Ginger Tea) stands as the dynamic pinnacle of Korean herbal gastronomy (*Eumcheongnyu*), where the spicy, concentrated vitality stored within the golden root of ginger unfurls into the soothing embrace of boiling water. Stripped of its papery skin and sliced thinly, the pungent rhizome is simmered in a rolling kettle alongside the wrinkled, crimson sweetness of dried jujubes—refining sharp, piercing heat into an elegant, deeply restorative warmth.

The spicy steam billowing softly from the teacup instantly clears the respiratory senses long before the liquid graces the palate. The initial sip delivers an electrifying, spicy kick that travels smoothly down the throat, radiating waves of deep internal heat throughout the chest and core. Balanced with the mellow fruitiness of simmered jujubes and the silky viscosity of raw honey, this sharp bite is gently enveloped, delivering an exceptionally balanced sensory experience.

True gastronomy goes beyond superficial indulgence; it thrives in the holistic wisdom of driving out inner cold and awakening the body's innate vitality. Clasp a steaming cup of Saenggangcha on a brisk, chilly evening is an affectionate healing ritual—reigniting dormant energy and replenishing the spirit with profound, grounding solace.

## Editor's Review

### **1. A Dynamic Harmony of Piercing Ginger Heat, Mellow Jujube Depth, and Silky Honey Velvet**

The moment the tea meets the lips, the crisp, penetrating aroma of fresh ginger immediately awakens the palate, followed by an invigorating surge of deep warmth gliding down the throat. As this vibrant heat radiates outward, the comforting, earthy undertones of simmered jujube and the smooth, nectar-like glide of honey coat the mouth, perfectly buffering the spice to orchestrate an endlessly soothing and multi-dimensional sensory thrill.

### **2. Gingerol-to-Shogaol Thermal Conversion and Osmotic Jujube Decoction Thermodynamics**

Saenggangcha is a masterclass in culinary biochemistry and thermal extraction. Sustained boiling induces dehydration of the fresh root's 6-gingerols, converting them into 6-shogaols—compounds boasting enhanced warming efficiency and antioxidant potency. Thinly slicing the ginger maximizes surface contact, systematically releasing volatile aromatic terpenes (zingiberene) into the brew. Concurrently, soluble pectins and natural free sugars leached from the dried jujubes form a protective matrix that moderates mucosal irritation, securing structural harmony and superior bioavailability.

### **3. Maternal Solace Against Autumn Chills and the Timeless Haven of the Simmering Kettle**

Encountering a steaming mug of ginger tea as chills set in evokes the nostalgic warmth of home remedies passed down through generations. Celebrated for centuries as a natural shield against the common cold, partaking in this honest, fiery brew washes away physical exhaustion, granting an authentic sanctuary of peace, restored immunity, and maternal care.

