



HOW TO PREPARE A TANG

DECOCTING TEA

NOTE: Our invoice will provide instructions on dosage and specific processing directions that pertain to your order; please refer to these instructions prior to preparing the formula.

Although some prefer the medicinal wine as their first choice for preparing herbal tonics, the decocting process is an excellent form of herbal preparation. And, certainly anyone who has an aversion to alcohol and can't drink a jiu, can decoct (or cook) the raw herbs in water the same way you would make tea. Below are step-by-step instructions on how to prepare a tang or herbal decoction.

What is a decoction?

A traditional Chinese medicine decoction is the cooking process by which raw herbs are boiled in water and the resulting liquid (or tea) is used. It is very important to follow each step in the process correctly to achieve the desired effects.

How does it taste?

Perhaps we should mention that (to the uninitiated) the flavor of some herbal decoctions can definitely be less than tasty, which has prompted us to come up with a solution to that problem... two different methods of preparation. For the purist, we have the traditional method that is often beyond the taste tolerance level of the average individual, and a revised or diluted version that is much more palatable, while still providing the desired medicinal benefits.

Can't I just add some sugar to it?

Some do. We prefer to keep a bowl of yellow raisins handy, in case we run into a particularly nasty brew, we chew a few raisins which will clear the pallet of any unpleasant flavor.

What materials are needed?

1. decocting pot with a lid
2. raw herb ingredients
3. water
4. glass container for storage
5. large strainer

STEP-BY-STEP INSTRUCTION IN THE TRADITIONAL METHOD OF DECOCTING A TANG

Some find the word "tang" (the literal translation of the Chinese word soup) a far more descriptive term of the decocting process than its English counterpart. Whether you call it tang or decoction the traditional preparation process is as follows:

1. Place the herbs in the pot, add enough cold water to cover the herbs by two inches, and soak the herbs in the cold water for 30-60 minutes, this will aid in the extraction process
2. After the soaking process is completed, put the pot on the stove, turn the flame to high, and bring the water to a rolling boil. Stir and turn the heat down to a low simmer, cover the pot with lid and simmer for 30 minutes
3. Turn off the heat, remove the pot to a cool burner, and leave the decoction (in the pot) to steep for another 30 minutes with the lid on.
4. Strain the herbs from the fluid; pour the tea into a glass container. (Do not use a plastic container). You should have about 6-8 ounces of condensed tea, this is considered one dose
5. Allow the tea to cool to room temperature and drink
6. Repeating the above process, the herbs can be re-cooked a second time. Normally it is recommended that a formula be taken twice daily (in the morning and evening). It is not advisable to cook the herbs more than two times

We should mention that the traditional method of preparation is not exactly cost-effective. Because the herbs are cooked in such a condensed fashion yielding only 1-2 doses, this does not compare favorably with the revised method (see below) which produces a much larger yield that lasts 10-15 days and, is equally as effective. Our personal choice for processing a tang is the following method:

STEP-BY-STEP INSTRUCTION IN THE REVISED METHOD OF DECOCTING A TANG

1. Place the herbs in the pot, add one gallon of cold water to the herbs, and soak the herbs in the cold water for 30-60 minutes, this will aid in the extraction process
2. After the soaking process is completed, put the pot on the stove, turn the flame to high, and bring the water to a rolling boil. Stir and turn the heat down to a low simmer, cover the pot with lid and simmer for 30 minutes
3. Turn off the heat, remove the pot to a cool burner, and leave the decoction in the pot to steep for another 30 minutes with the lid on
4. Strain the herbs from the fluid, allow the tea to cool down, then pour 4-8 ounces of the tea into a cup and pour the remaining tea into a glass container that can hold at least one half-gallon. Once the tea is cool enough, cover with a tight lid, and store the tang in the refrigerator. It should last about 2 weeks
5. Subsequent doses are either warmed on the stove or allowed to naturally come to room temperature before consumption.



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