



# CHINA HERB COMPANY

## SPECIAL COOKING INSTRUCTIONS

When you open your bag of herbs for the first time, there will be many surprises. You will have a collection of roots, rhizomes, twigs, stems, and flowers. It's even possible that you may have shell, minerals, insects and gelatin. Most herbs are cooked all at the same time, but certain herbs and medicinals require special preparation. Here's a quick tutorial:

1. **COOK FOR 1 HOUR FIRST.** Some shells and minerals need to be cooked longer to extract the medicine. If you are using the slow-cooker method, we suggest simply cooking them with the rest of the formula on the low setting. If you are using a the stovetop method, then put all the water in the pot, then add the medicinal. Simmer for 60 minutes. Some water will evaporate, so just add a cup or 2 so that there's enough water to cover.
2. **ADD IN THE LAST 10 MINUTES OF THE 1<sup>ST</sup> SIMMER:** Some herbs, such as mint, are light and fragrant. We only want to simmer them briefly to preserve the fragrance. Therefore, we add these to the decoction in the last 10 minutes of the first simmering when you cook them on the stovetop. If you are using the slow-cooker method, then simply add the herbs and then be sure to strain the tea within 20-30 minutes.
3. **MELT INTO THE STRAINED DECOCTION:** Sometimes we use gelatins in our formulas. They are formed into bars the size of a candy bar. We crush them into very small pieces in a mortar and pestle. After you have fully cooked the tea and strained it, add the crushed gelatin to dissolve. Sometimes, you may need to heat them in a small amount of the tea to help them melt. If using a slow cooker, just keep it on low with a cup or 2 of the tea. When melted, mix it with the rest of the tea so that it is uniform.
4. You may have something that looks like a **large tea bag**. In fact, it is a large tea bag. Some herbs are powdered, or have small pieces that may irritate the throat. We've wrapped the herbs to make the tea more esthetically pleasing. Please don't open this and dump it in! What if you open the bag and put it with the rest of the herbs? Not a problem! The tea might be a little muddier, but this is not a big concern. You can try straining it through a paper coffee filter, or, just not worry about it and carry on!