

Recipes for Herbal Cough Remedies

Ginger Zing Cough Drops

- 3 cups ginger root, scrubbed, rinsed, and chopped into 1 inch pieces
- 1 1/2 quarts water
- 6 cups brown sugar
- 1/4 cup confectioner's sugar for sprinkling (optional)

In a stainless steel pot, boil ginger for 10 minutes then lightly simmer for 30 minutes. Strain and discard ginger pulp. For every cup of liquid left add 1 1/2 cups brown sugar. Simmer again until thick. Pour into a greased pan spreading out mixture so that it is 1 inch thick. As it cools, cut cough drops into small pieces and roll into balls. Lightly dust with confectioner's sugar. Store in airtight container once cool.