

Drink Up

## What New York's Chefs Eat and Drink to Fight the Flu

By Tejal Rao Mon., Jan. 21 2013 at 8:00 AM

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We've been offered a lot of fairly obvious flu-fighting tips lately, like avoiding close contact with sick people and washing our hands. But what to eat and drink?

Chefs fight off the flu with some interesting homemade concoctions, featuring guest appearances from ingredients like cachaca, raw eggs, and salmon roe. Though I turn to variations on the same old remedy I've been making for years, these suggestions from professionals across the city are making me rethink my strategy.

### If you need: A good night's sleep

*Alcohol may not boost your immune system, but drink enough of it and it's sure to help you fall asleep!*



Daniel Holzman

#### Daniel Holzman, **The Meatball Shop**

"A hot toddy made with honey, lemon, tea, and spiked with sweet port wine, helps to ward off germs and stay warm. There's always mama's chicken soup, but that's something you've got to ask mama for."

#### Masato Shimizu, **15 East**

"There's nothing better to fight a cold than sake. My family remedy consists of 4 ounces of hot sake mixed with a tablespoon of salmon roe and a raw egg. Stir, sip, and sleep the cold away."