



Spice Up Your Fall!

Maynard Library

Spice Club

SAFFRON

### SPICE INFORMATION

Saffron is a spice derived from the flower of *Crocus sativus*, commonly known as the "saffron crocus". The vivid crimson stigma and styles, called threads, are collected and dried for use mainly as a seasoning and coloring agent in food. The saffron crocus was slowly propagated throughout much of Eurasia and was later brought to parts of North Africa, North America, and Oceania. Almost all saffron grows in a belt from Spain in the west to India in the east. Iran is responsible for around 88% of global production. Afghanistan comes second and Spain is the third largest producer, while the United Arab Emirates, Greece, the Indian subcontinent and Morocco are among minor producers.



Saffron's taste and hay-like fragrance result from the phytochemicals picrocrocin and safranal. It also contains a carotenoid pigment, crocin, which imparts a rich golden-yellow hue to dishes and textiles. Its recorded history is attested in a 7<sup>th</sup> C BC Assyrian botanical treatise, and it has been traded and used for thousands of years. At \$5,000 per kg, saffron has long been the world's costliest spice by weight.



The high retail value of saffron is maintained on world markets because of labor-intensive harvesting methods, which require some 200,000 hand-picked stigmas per pound. 70,000 crocus flowers yield a pound of dry saffron threads. Twenty hours of labor are needed to pick 150,000 flowers.

Because of saffron's high value, adulteration is common. Typical methods include mixing in extraneous substances like beetroot, pomegranate fibers, red-dyed silk fibers, or the saffron crocus's tasteless and odorless yellow stamens. Powdered saffron is more prone to adulteration, with turmeric, paprika, and other powders used as diluting fillers.

Saffron has a long history of use in traditional medicine. Saffron has also been used as a fabric dye, particularly in China and India, and in perfumery. It is used for religious purposes in India. Saffron is widely used in Persian, Indian, European, and Arab cuisines.

<https://en.wikipedia.org/wiki/Saffron>

This document can be found at <https://www.maynardpubliclibrary.org/spice>

## RECIPES

### Minted Summer Couscous with Watermelon and Feta

<https://www.thekitchn.com/recipe-minted-summer-couscous-with-watermelon-and-feta-221496>

Servings: 4 to 6



#### Ingredients

- 1 1/4 cups water
- 1 cup whole wheat couscous
- 1/2 teaspoon fine sea salt
- Pinch of saffron
- 2 or 3 medium limes, preferably organic
- 2 tablespoons extra-virgin olive oil, plus extra for drizzling
- 1 to 2 teaspoons honey, to taste
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 cups seedless watermelon, cut into 3/4-inch cubes
- 1/2 cup celery, cut into 1/4-inch-wide slices (about 1 stalk)
- 1/2 cup loosely packed torn fresh mint leaves, plus a few leaves for garnish
- 1/2 cup crumbled mild feta, preferably sheep's milk

#### Steps

1. Add the water to a small heavy saucepan and bring to a boil. Remove from the heat. Stir in the couscous, 1/4 teaspoon of the salt, and the saffron, cover, and set aside until the liquid is absorbed, about 10 minutes. Fluff the couscous with a fork and transfer to a large serving bowl. Set aside to cool for about 15 minutes.
2. Zest the limes to make 2 teaspoons zest. Squeeze the fruit to make 3 tablespoons juice. Place the zest and juice in a small jar. Add the olive oil, honey, the remaining 1/4 teaspoon salt, and pepper. Shake vigorously.
3. Distribute the watermelon, celery, and mint across the cooled couscous. Drizzle the dressing across and gently toss to combine. Season with salt and pepper to taste (keeping in mind that feta can be quite salty). If you have time, allow to sit for 30 minutes for flavors to meld.
4. To finish, toss again, top with the crumbled feta and the mint leaves for garnish, and drizzle with a touch more olive oil.

### Pennsylvania Dutch Chicken Corn Soup

<https://food52.com/recipes/28319-pennsylvania-dutch-chicken-corn-soup>

Servings: 4-6

#### Ingredients

##### Soup Stock:

- 1 pound chicken
- 4 quarts water
- 1 1/2 cups celery with leaves for stock pot (reserve 1/2 cup for later)
- 1 3/4 cups onion for stock pot (reserve 3/4 cup for later)
- salt and pepper to taste
- 1 pinch Spanish Saffron

- 2 hard cooked eggs
- 10 ears of fresh corn on the cob
- 1/3 cup fresh parsley (a little reserved for finishing soup)

Pennsylvania Dutch Rivals:

- 1 cup flour
- 1 egg
- 1/4 cup milk

### Steps

Soup Stock:

1. Stew chicken slowly with vegetable, parsley and seasonings until tender and done.
2. Remove chicken and strain broth through a fine sieve. You can blend cooked celery and onion smooth and add back to stock for a richer soup and to give it a little body or discard vegetables. Adjust seasonings as needed--add a little more saffron to get that a rich yellow color and flavor!
3. Cut the corn from the cob and add to soup
4. Add the reserved chopped onion and celery and seasoning to taste
5. 10 minutes before serving, add 2 chopped cooked eggs and rivals .

Pennsylvania Dutch Rivals:

1. Rub this mixture together with 2 forks until well blended. Drop into boiling soup as you rub dumpling mixture between your thumb and index fingers to create small pieces. (The little dumplings should be about size of the end of your thumb.)
2. Cover and boil slowly for 7 minutes. Garnish with remaining fresh parsley. This is a wonderfully fresh summer soup!

### Spanish Saffron Rice with Spicy Mushrooms & Onions

<https://spainonafork.com/spanish-saffron-rice-with-spicy-mushrooms-onions/>

Servings: 2

### Ingredients

- 1/2 tsp saffron threads
- 8 button mushrooms
- 1/2 onion
- 2 cloves garlic
- 1 Spanish pepper
- 1/4 tsp sweet smoked paprika
- 1 cup Spanish round rice
- 2 cups vegetable broth
- sea salt
- freshly cracked black pepper
- fresh chives



### Steps

1. Add 2 tablespoons of boiling water to a small bowl and pinch in 1/2 teaspoon of saffron threads and let it infuse.
2. Finely mince 3 cloves of garlic, finely dice 1 small onion, rinse 8 button mushrooms under cold running water, remove the stem and pat dry, then cut into slices that are about 1/4 inch thick, deseed 1 Spanish pepper (or any type of spicy pepper) and roughly chop it.

- Heat a large nonstick frying pan with a medium-high heat and add 2 tablespoons of extra virgin Spanish olive oil, after 2 minutes add the diced onions, chopped peppers and minced onions and mix with the oil, after 3 minutes add the sliced mushrooms and cook for 2 minutes, then season with a generous 1/4 teaspoon of smoked paprika, a generous pinch of sea salt and freshly cracked black pepper and mix together, then add 1 cup of round Spanish rice, the saffron infusion and mix together until well combined
- Next add 2 cups of vegetable broth and gently distribute the rice with a wooden spoon, mix occasionally and cook between 8 to 10 minutes, once there is very little broth left lower the fire to a LOW heat and cook for 2 more minutes, then place a lid on top, turn off the heat and remove the pan from the stove, after 3 minutes remove the lid and garnish with freshly chopped chives, serve directly out of the pan, enjoy!

### Potato Saffron Frittata

<https://www.bitesforfoodies.com/recipes/potato-saffron-frittata/>

Servings: 4



#### Ingredients

- 1/2 medium red onion, finely minced
- 1 medium Russet potato, finely diced
- 8 large eggs
- 1/3 cup grated Parmesan cheese
- 1/8 tsp. saffron
- sea salt and black pepper to taste
- 4 tablespoons extra virgin olive oil

#### Steps

- Heat the oil in a medium pan on medium heat for 1-2 minutes. Finely chop the onions and potatoes then add to the pan and sauté on medium-low for about 8 minutes or until the onions are translucent and the potatoes are fork tender.
- Whisk the eggs with the Parmesan and saffron in a medium size bowl then add to the frying pan. Cook for about 5 minutes, stirring continuously to scramble. Remove the eggs from the pan and set aside in a medium bowl. Return the frying pan to the burner and add another 1-2 tbs. of olive oil. Increase the temperature to medium-high and heat the oil for 1 minute. Return the eggs to the pan, forming a patty with a spatula as they cook, shaking the frying pan gently to prevent the eggs from sticking and pressing down to ensure the frittata is uniform.
- Cook for about 2 minutes then cover the frying pan with a large flat plate. Hold the handle of the frying pan and press down on the center of the plate with the palm of your other hand then flip the frittata onto the plate. Slide the frittata back into the frying pan and cook for another 2 minutes on the other side. Set aside to cool for a few minutes then cut into desired pieces.

### Pasta Con I Broccoli Arriminati

<https://www.manusmenu.com/pasta-con-i-broccoli-arriminati>

#### Ingredients

- 1.3 lbs white cauliflower, chopped in big chunks
- 1 ½ tbsp pine nuts
- 5 anchovies
- 2 tbsp raisins
- 2 tbsp extra virgin olive oil
- 1 pinch saffron
- 1 small onion, chopped
- Salt
- 6-8 tbsp breadcrumbs, toasted
- 400 gms short pasta (penne, tortiglioni or rigatoni)

## Steps

1. Bring a pot of salty water to a boil and add the chopped cauliflower. Let it cook for a few minutes, until soft. Remove it with a slotted spoon and set aside. Retain the cooking liquid to cook your pasta in.
2. Put the chopped onion, pine nuts, raisins and extra virgin olive oil in a frying pan and cook on medium heat until the onion is translucent.
3. Add the anchovies, remove the pan from the heat and break the anchovies up with a wooden spoon. Stir well until they melt in the sauce.
4. Add the cooked cauliflower and mash it with the wooden spoon.
5. Add a pinch of saffron and some of the cauliflower cooking liquid. Mix well to make sure the saffron is well combined. Add salt if required.
6. Toast the breadcrumbs in a non-stick frying pan over low heat, stirring constantly, until brown.
7. Cook the pasta to “al dente” in the cauliflower water. Put the drained pasta in the frying pan with the cauliflower sauce and mix well while cooking it on a slow flame for 1 or 2 minutes.
8. Serve with the toasted breadcrumbs on the top.



## Easy Vegan Paella

<https://minimalistbaker.com/easy-vegan-paella-1-pan/>

Total time 45 minutes



### Ingredients

- 1/2 tsp saffron
- 3 Tbsp lemon juice
- 1 Tbsp olive oil (if oil-free, sub vegetable broth)
- 1 ½ cups diced yellow onion (1 medium)
- 1 cup diced red bell pepper (1 medium)
- 3 Tbsp minced garlic (~6 cloves)
- 2 tsp smoked paprika
- 2 tsp sea salt
- 2 cups arborio rice
- 4 cups vegetable broth
- 1 cup quartered, marinated artichoke hearts, marinade reserved (12-ounce jar)
- 1 cup cherry tomatoes, halved
- 1 cup frozen peas
- Vegan chorizo (optional)
- Lemon wedges for serving

## Steps

1. In a small bowl, combine the saffron with the lemon juice to bloom the saffron. Set aside.
2. In a large skillet or paella pan — at least 12 inches in diameter — heat the olive oil over medium-high heat. Add onion, red bell pepper, and garlic, and sauté until softened — about 5 minutes. Add paprika and salt and toss.
3. Add the rice and stir to coat and lightly toast the grains — about 2 minutes. Add the vegetable broth and the saffron and lemon juice. Stir well to evenly distribute ingredients.

4. Bring broth to a boil. Once boiling, immediately reduce the heat to low. Cover, set a timer for 20 minutes, and simmer for 20 minutes undisturbed, or until the grains are tender and the liquid is fully absorbed.
5. While the rice cooks, cook vegan chorizo (if including). Heat a 10-inch nonstick or well-seasoned cast iron skillet over medium heat. Add a thin layer of avocado oil and as much vegan chorizo as will comfortably fit in a single layer in the pan. Cook for 3-4 minutes, undisturbed. It should sizzle and pop a bit — if it's not, turn up the heat a little. Once nicely browned on the bottom, use a spatula to flip as evenly as possible to brown the other side for another 3 minutes. Break it up slightly and toss to evenly brown all sides — ~2 minutes. Repeat with any remaining chorizo and set cooked chorizo aside.
6. Test the rice after 20 minutes to ensure it's cooked. If it needs more time, add 1/2 cup water and cover again for a few minutes. When the rice is tender, turn heat off. Add the artichoke hearts, 2 Tbsp of artichoke marinade, tomatoes, and peas and toss gently. Cover for 2 minutes to warm through. Taste test and adjust as needed, adding more salt to taste, artichoke marinade for acidity, or smoked paprika for depth/smokiness. Optionally, serve with vegan chorizo and lemon wedges.

Best when fresh. Leftovers will keep for up to 4 days in the refrigerator. Not freezer friendly.

### Joojeh Kabob (Yogurt Saffron Chicken Kebabs)

<https://www.thespruceeats.com/joojeh-kabob-recipe-5271127>

Servings: 6 Kabob

#### Ingredients

##### Chicken:

- 1 teaspoon saffron threads
- 6 tablespoons warm water
- 2 1/2 pounds boneless, skinless chicken thighs or breast, cut into 1 1/2 inch pieces
- 1 cup plain yogurt
- 1 medium onion, thinly sliced
- 1/4 cup freshly squeezed lime juice
- 2 tablespoons olive oil
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper

##### Basting:

- 1 tablespoon unsalted butter, melted and cooled
- 2 tablespoons saffron water (reserved from soaking)
- 2 tablespoons freshly squeezed lime juice



#### Steps

##### Chicken:

1. Using a smooth mortar and pestle, grind the saffron threads to a fine powder.
2. Stir the saffron powder and water together in a small bowl. Set aside to bloom, about 5 minutes.
3. Combine the chicken and 4 tablespoons of the saffron water in a large bowl. Toss to coat, cover, and refrigerate for 1 hour. The chicken will infuse with saffron's bright yellow-orange color, aroma, and flavor. Reserve the remaining 2 tablespoons of saffron water for basting.
4. Combine the yogurt, onion, lime juice, olive oil, salt, and pepper in a medium bowl.
5. Transfer the yogurt mixture to the bowl with the chicken. Toss to coat. Cover and refrigerate for a minimum of 2 hours, preferably overnight.

#### Kebabs:

1. Prepare a medium (350 F to 375 F) gas or charcoal grill fire.
2. Push the chicken pieces onto metal or previously soaked wooden skewers. The number of pieces on each skewer will depend on the length of your skewer.
3. A good rule of thumb is to make sure the chicken pieces are not overcrowded on the skewer while also leaving some space at either end of the skewer.
3. Place the skewers on a large platter or a baking sheet. Gently tap the skewers against the tray to shake off any excess marinade. Discard the remaining marinade to avoid any risk of food contamination.
4. In a small bowl, combine the melted butter, the remaining 2 tablespoons of saffron water, and the lime juice.
5. Grill the kebabs, basting frequently, until charred in places and the internal temperature reaches 165 F, 4 to 5 minutes per side. Grilling time will vary slightly depending on the temperature and strength of your grill. Let rest 5 minutes before serving.

#### Notes

- Joojeh kabob is often served over thin lavash bread, with various grilled vegetables, steamed basmati rice, an assortment of pickled vegetables, and a handful of fresh herbs and yogurt
- See link for how to cook on a stovetop grill pan or in the oven.

#### Chicken with Artichokes and Lemon

<http://joannathan.com/chicken-with-artichokes-and-lemon/>

Servings: 4 to 6



#### Ingredients

- 2 large lemons
- 1 1/2 cups frozen artichoke hearts, quartered
- 6 bone-in, skin-on chicken thighs (2 pounds)
- Kosher salt and freshly ground pepper
- 2 T olive oil
- 1 medium yellow onion, diced
- 4 garlic cloves, chopped
- 1 T chopped parsley, plus more to garnish
- 1/2 tsp saffron
- 1/2 tsp ground cinnamon
- 1 1/2 cups chicken broth, plus more if needed

#### Steps

1. Pat chicken dry, then season all over with salt and pepper. In a large skillet, warm the olive oil over medium-high heat, then add the chicken, skin-side down. Cook, undisturbed until well browned, 7 to 8 minutes. Flip and brown the other side, about 5 minutes. Transfer chicken thighs to a plate and spoon out about 3 tablespoons of fat from the pan, if desired. (You can discard the excess fat or save for another use.)
2. Return the skillet to medium heat and add the onion, garlic, parsley and saffron. Season with salt and pepper, and cook, stirring occasionally, until onion is translucent, about 5 minutes. Sprinkle the cinnamon over the onion, then stir to combine.
3. Add the broth to deglaze, scraping the bottom of the pan, and bring to a simmer over medium-high. Return the chicken to the pan, nestling it into the pan skin-side up. Arrange the artichokes

between the chicken pieces, cover, and simmer over medium-low until the chicken is cooked through, 20 to 25 minutes. Remove the chicken with a slotted spoon and transfer to a plate.

4. Raise the heat to medium-high and cook until the sauce is thickened and the artichokes slightly browned, about 5 minutes. Stir in the juice from half the remaining lemon, taste, and adjust with salt and more lemon juice if needed. Spoon artichokes and pan sauces over the chicken, sprinkle with parsley to garnish, and serve.

### **Meygoo Dopiyazeh (Persian Prawn, Pepper & Onion Curry)**

<https://saffronandherbs.com/2022/09/14/meygoo-dopiyazeh/>

Servings: 4

#### Ingredients

- 3 tbsp vegetable oil
- 1 tsp cumin seeds
- 2 tsp black mustard seeds
- 1 tsp coriander seeds
- 1 large brown onion, finely sliced
- 6 cloves garlic, minced or crushed
- 1 thumb size fresh ginger, grated
- 1 tsp turmeric
- 1/2 tsp dried red chili flakes
- 1 tsp ground coriander
- 3 tbsp tomato purée
- 1 red pepper, finely sliced
- 1 red onion, finely sliced
- 800 ml water mixed with 1/8 tsp of ground saffron
- Juice 1 fresh lemon
- 1/2 tsp garam masala
- 800 g frozen shelled tiger prawns, defrosted
- Salt and Pepper to taste
- A small bunch of fresh cilantro (finely chopped)



#### Steps

1. Place a large casserole pan or skillet on medium-high heat and add oil. Add cumin seeds, coriander seeds and mustard seeds and heat until they sizzle. Then add finely sliced brown onion and cook until they start to caramelize.
2. Add garlic, then ginger and stir into the onion mixture. Follow with turmeric, red chili flakes, ground coriander and stir until evenly distributed into the mixture.
3. Add tomato purée and stir into the mixture. Then add sliced red peppers and red onion and stir until softened. Add saffron water, lemon juice and garam masala and stir. Bring to a boil and then turn heat down to allow the sauce to simmer gently for 30 mins.
4. Add prawns to the sauce and stir. Add chopped fresh coriander and cook for a further 10 mins. Turn the heat off and serve with fresh chopped coriander sprinkled on top accompanied with rice and / or naan.



## Moroccan Mrouzia Lamb Tagine with Raisins

<https://www.thespruceeats.com/mrouzia-lamb-tagine-with-raisins-almonds-2394654>

Link has methods for cooking in a tagine and a pressure cooker.

Servings: 6

### Ingredients

- 3 pounds lamb shoulder, neck, or shanks, cut into 3-inch pieces
- 2 teaspoons Ras el Hanout
- 2 teaspoons ground ginger
- 1 1/2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon saffron threads, crumbled
- 2 medium onions, grated
- 3 cloves garlic, finely chopped
- 1/2 cup unsalted butter
- 2 small cinnamon sticks
- 3 cups water
- 1 1/2 cups sultana raisins
- 1/2 cup honey, or to taste
- 1 teaspoon ground cinnamon
- 1/2 cup blanched almonds

### Steps

1. Ideally the night before, but at least several hours in advance, wash, drain, and pat the meat dry. Mix the spices together and rub evenly over the meat. Cover and refrigerate.
2. When you're ready to cook, cover the raisins with water and set aside to soak.
3. Mix the seasoned meat in a heavy-bottomed pot with the onions, garlic, butter, and cinnamon sticks. Cover and cook over medium heat for 10 to 15 minutes, stirring occasionally to turn the meat as it browns. Add 3 c water, cover, and bring to a simmer.
4. Cook for about 2 hours, or until the meat is tender. Add the raisins (drained), honey, and cinnamon. (If you're planning to cook the almonds in the sauce, add them now as well.) If necessary, add additional water to just cover the raisins.
5. Cover the pot and simmer for 20 to 30 minutes, until the raisins are plump and the sauce is reduced to a thick, syrup-like consistency.
6. Discard the cinnamon sticks. Arrange the meat in the center of a serving dish and distribute the raisins, almonds, and sauce over the meat. Serve warm.



## Sohan Asali - Persian Honey and Saffron Almond Candy

<https://turmericSaffron.blogspot.com/search?q=saffron>

Servings: about 20 pieces



### Ingredients

- 1 cup sugar
- 3 tablespoons honey
- 1 cup slivered almonds
- 3 tablespoons vegetable oil
- 2 tablespoons rose water
- 1/2 teaspoon saffron powder
- 1/4 cup pistachios, crushed for garnish

## Steps

1. Cover a large baking tray with parchment paper and leave the crushed pistachios nearby.
2. In a medium heavy pot combine sugar, honey, oil and rose water on medium heat for about 5-7 minutes or until sugar is completely dissolved. Stir and swirl the pot around a few times.
3. Lower the heat and add in the almonds into the sugar mixture, stir frequently, cook for another 7-10 minutes or until they turn light golden.
4. Add the crushed saffron and gently stir with a wooden spoon.
5. When the almonds are well coated with this caramel color syrup, start spooning out the mixture on the parchment paper as quickly as you can and sprinkle the pistachios on top. Allow them to cool completely.
6. Serve with a hot cup of tea.

## Saffron Panna Cotta with Peach Compote

<https://ouritaliantable.com/saffron-panna-cotta/>



### Ingredients

#### Panna cotta:

- Neutral cooking oil
- 1 large pinch saffron threads, about 8– 10
- ¼ cup warm water
- 2 cups heavy cream
- 1 cup full-fat milk
- 1/3 cup granulated sugar
- 1 tablespoon powdered gelatin
- ¼ cup cold water

#### Peach compote:

- 4 ripe peaches, peeled and chopped
- 2 tablespoons granulated sugar
- ½ cup water
- Juice of ½ lemon

## Steps

### Panna cotta:

1. Lightly oil 6 (6-ounce) ramekins or glasses that will hold the panna cotta.
2. Combine the saffron threads and warm water in a small bowl. Allow the saffron to bloom for about 15 minutes.
3. Combine the cream, milk, and sugar in a medium saucepan. Set the saucepan over medium heat and gently warm the mixture, whisking frequently, until sugar dissolves and bubbles begin to break the surface, about 5 minutes. Add in the saffron mixture. Stir and allow to simmer for a few minutes. Remove from heat and cover.
4. Sprinkle the gelatin over the cold water in a small bowl. Stir and let rest for about 5 minutes to allow to bloom.
5. Put the cream mixture back on medium heat. Once bubbles start to appear, add in the bloomed gelatin. Stir until dissolved.
6. Distribute the panna cotta equally among the prepared ramekins. Allow to cool for about 10 minutes. Transfer to the refrigerator to chill. Allow panna cotta to completely set, about 3-4 hours.

Peach compote:

1. Combine all ingredients in a heavy bottomed small saucepan. Bring to a simmer over medium-low heat. Lower the heat and simmer, stirring occasionally, until the fruit has broken down and the mixture starts to thicken slightly, about 12 to 15 minutes. Remove from heat and cool.
2. To serve the panna cotta, remove from fridge and top with the peach compote. Serve!

### Welsh Saffron Bread

<https://www.food.com/recipe/welsh-saffron-bread-428786>

#### Ingredients

- 3 cups boiling water
- 1 cup dried currants or cranberries
- 1/2 cup raisins
- 1/8 teaspoon saffron thread
- 1/2 cup butter
- 2 eggs
- 1 teaspoon lemon zest
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon nutmeg

#### Steps

1. Preheat oven to 350 degrees.
2. Pour 2 cups boiling water on dried currants and soak for 15 minutes, then drain. Pour remaining water over saffron and steep until cool.
3. Cream butter and sugar until well blended, about 3 minutes. Add eggs one at a time, blending after each. Add lemon zest and juice.
4. Combine dry ingredients in a bowl and add to the sugar-butter mixture, alternately with the saffron water, beating until just blended. Stir in raisins and drained currants. Pour into a greased and floured loaf pan. Bake 40 - 50 minutes until top is golden brown and a toothpick inserted into the center comes out clean. Tip out onto a rack to cool.

### Saffron & Apricot Goldies

<https://curiospice.com/blogs/recipe-library/saffron-amp-apricot-goldies>

Servings: about 30 bars (1 1/4" x 3")

#### Ingredients

- 1 large pinch saffron threads, ground
- 2 teaspoons vanilla extract
- 1/2 cup (1 stick) butter
- 2 cups brown sugar, lightly packed
- 2 large eggs
- 1/2 teaspoon salt
- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 2 teaspoons baking powder
- 1 cup dried apricots, chopped
- 1 cup pistachios, chopped



## Steps

1. Grease a 9" x 13" pan and pre-heat oven to 350. Grind the saffron threads with a pinch of sugar and add to a tiny bowl with the vanilla to infuse. Set aside.
2. In a small saucepan, melt the butter over low heat. Add the brown sugar and stir until well combined. Transfer to a medium mixing bowl and cool to lukewarm or room temp, then add the rest of the ingredients except the nuts and apricots. Fold in the chopped apricots, then spread in the greased pan, and top with the chopped pistachios, distributing evenly. Bake for 35 minutes or until sides are golden and crispy.
3. Cool to room temp before slicing into small bars or squares.

## Orange Bundt Cake with Saffron

<https://amiraspantry.com/golden-saffron-orange-bundt-cake/>



## Ingredients

- 1 Tablespoon boiling water
- ½ teaspoon saffron threads
- ¼ teaspoon turmeric
- ¾ cup buttermilk
- 2 Tablespoons orange juice
- 1 Tablespoon orange zest
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour
- ½ teaspoon salt
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 2 ¼ sticks (1 ⅛ cup) unsalted butter room temperature
- 2 cups granulated sugar
- 3 large eggs
- 1 egg yolk large

## Glaze

- 2 ½ cups powdered sugar
- 2 Tablespoons orange juice
- 1 ½ Tablespoons plain yogurt
- 1 cup chopped pistachios

## Steps

1. Preheat oven to 350F. Grease a 12 cup bundt pan with butter or spray with baking spray.
2. In a cup mix saffron, turmeric and hot water together and let it steep for 15 minutes.
3. Add buttermilk, vanilla, orange juice and zest to the saffron mixture and mix well.
4. In a large bowl, sift in flour, salt, baking powder and baking soda and mix well.
5. Cream butter and sugar until fluffy and pale. Beat in eggs one by one then add the yolk.
6. Add flour mixture alternating with saffron mixture mixing after each addition, starting and ending with the flour mixture. With the last addition of flour mixture, mix with a wooden spoon instead of your mixer.
7. Pour batter into the bundt cake and bake for 50 minutes until a toothpick inserted in the middle comes out clean
8. Let the cake cool for 10 minutes in the pan then let it cool completely on a wire rack.
9. Whisk glaze ingredients well then pour over the cake. Decorate with some chopped pistachios.

## Kulfi

<https://www.tasteofhome.com/recipes/kulfi/>

Servings: 6 Prep time: 30 minutes plus freezing



### Ingredients

- 1 can (14 ounces) sweetened condensed milk
- 1 cup whole milk
- 1 cup heavy whipping cream
- 1/4 cup nonfat dry milk powder
- 4-5 cardamom pods, crushed, or 1/2 teaspoon ground cardamom
- 1/4 teaspoon sea salt
- 1 pinch saffron threads or 1/4 teaspoon ground turmeric
- 1/4 cup chopped cashews, toasted
- 1/4 cup chopped shelled pistachios
- 1/4 teaspoon almond extract

### Steps

In a large heavy saucepan, whisk milks, cream, milk powder, cardamom, sea salt and, if desired, saffron until blended. Cook over low heat until mixture thickens slightly, about 15 minutes, stirring constantly. Do not allow to boil. Remove from heat. Strain through a fine-mesh strainer into a small bowl; cool.

Stir in cashews, pistachios and extract. Transfer to six 4-oz. ramekins. Cover and freeze for 8 hours or overnight. If desired, serve with additional nuts.

## Bastani Sonati

<https://thecaspianchef.com/2022/05/19/bastani-sonati-saffron-and-rosewater-ice-cream/>

Yield: 1.5 Quarts

### Ingredients

- 2 cups heavy cream divided
- 3 cups whole milk divided
- 3 tablespoons arrow root, or corn starch
- 1/2 teaspoon saffron threads
- 1 cup sugar
- 1/2 teaspoon mastic powder
- 1/8 teaspoon salt
- 1/2 teaspoon vanilla extract
- 2 tablespoons rosewater
- 2 tablespoons raw pistachios coarsely chopped

### Steps

1. Pour 1/2 cup of heavy cream into a small flat plate or bowl and place in the freezer for about an hour until frozen solid.
2. Combine 1/3 cup of milk with the arrow root in a small mixing bowl. Stir until completely smooth and set aside.
3. Using a mortar and pestle, grind the saffron threads to a fine powder and set aside.



4. Combine the remaining milk and heavy cream, sugar, mastic powder, salt, and vanilla in a large saucepan and bring to a gentle simmer over medium-high heat, about 10 minutes. Be sure to stir the mixture frequently to avoid any milk crusting on the bottom.
5. Reduce the flame to low when the milk starts to steam, but well before it comes to a boil.
6. Add the ground saffron and rosewater to the saucepan and stir. The milk mixture should turn a vibrant golden color and become quite aromatic.
7. Stir the arrow root and milk mixture one more time and add it to the saucepan. Continue to stir gently over medium heat for about 4-5 minutes or until the mixture has thickened slightly.
8. Remove from the heat, transfer to a medium-sized shallow bowl and allow to cool to room temperature. Cover and refrigerate for 2 hours, or overnight.
9. Transfer the chilled milk mixture into an ice cream maker, and process it according to the manufacturer's instructions.
10. Remove the previously frozen heavy cream from the freezer, break it into roughly 1/2 inch pieces and add them along with the chopped pistachios to the final stage of the ice cream maker's churning process. The ice cream will have a soft and creamy texture at this stage and is ready to be served. Alternatively, it can be returned to the freezer for 2 hours for a firmer texture.
11. Transfer the ice cream to an air-tight and freezer-safe container, cover with parchment paper to prevent icicles, and freeze for long-term storage.

#### Notes

- Preparing the ice cream manually: Place the ice cream mixture in a deep, freezer-safe dish and place in the freezer for about 1 hour. Remove from the freezer and using a spatula break up the frozen bits from the edges. Vigorously stir them back in with a whisk, handheld mixer or blender. Return to the freezer, and then repeat this process every 20 minutes. Repeat until the ice cream is fully formed, about 2-3 hours, or until you have soft ice cream consistency. Add the previously frozen heavy cream chips and chopped pistachios and transfer to an airtight container. Cover with parchment paper and freeze for 4 hours.
- Cheat method: A store-bought vanilla ice cream can be purchased to use as a base to create this ice cream. Allow the ice cream to soften before incorporating the saffron-rosewater mixture and pistachios.

## ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

Saffron Salmon Kababs

<https://cooking.nytimes.com/recipes/1022437-saffron-salmon-kabab>

Saffron-Ginger Pears

<https://cooking.nytimes.com/recipes/1024685-saffron-ginger-pears>

Simple Bouillabaisse

<https://cooking.nytimes.com/recipes/1013074-simple-bouillabaisse>

Saffron Chicken Korma

<https://www.eatingwell.com/recipe/7937706/saffron-chicken-korma/>

Persian Style Daal

<https://saffronandherbs.com/2021/03/27/persian-style-dal/#wprm-recipe-container-5014>

Lamb Tagine with Cinnamon, Saffron, and Dried Fruit

<https://www.myrecipes.com/recipe/lamb-tagine-with-cinnamon-saffron-dried-fruit>

Saffron and Cardamom Panna Cotta

<http://redstartolonestar.blogspot.com/2013/01/saffron-and-cardamom-panna-cotta.html>

Persian Prawn, Pepper & Onion Curry

<https://saffronandherbs.com/2022/09/14/meygoo-dopiyazeh/>

Golden Saffron Cake

<https://www.food.com/recipe/golden-saffron-cake-466642>

Safron-Scented Popovers

<https://curiospice.com/blogs/recipe-library/saffron-scented-popovers>

Aloo Mosamma

<https://naazrestaurant.com.au/how-to-cook-aloo-mosamma-a-delicious-persian-food/>

Kookoo Yeh Sib Zamini

<https://familyspice.com/persian-fingerling-potato-quiche-with-chives-kookoo-yeh-sib-zamini/>

Spanish Saffron Chickent

<https://spicesinc.com/recipes/spanish-saffron-chicken>

Khagineh - Sweet Omelette

<https://turmericaffron.blogspot.com/search?q=saffron&max-results=20&by-date=true>

Sweetened Vermicelli with Eggs

<https://everylittlecrumb.com/balaleet>

Porcini Risotto

<https://www.cucchiarella.com/2020/12/21/saffron-porcini-risotto/>

## SHARING RESULTS

We'll have a potluck buffet and discussion on **Saturday, September 28 @ 12 pm**. Feel free to use one of these recipes for your dish or find one on your own.