

## Saffron Shortbread

Makes 4-6 large pieces



### Ingredients

- ¼ teaspoon saffron threads, gently crushed (a good pinch)
- 1 tablespoon white wine (or water), warmed till hot
- 8 tablespoons unsalted butter, softened, plus small pat for greasing pan
- 6 tablespoons confectioners' sugar
- ½ teaspoon vanilla extract
- 1 cup unbleached all-purpose flour
- ½ teaspoon salt
- 1½ tablespoons granulated sugar

1. Place saffron in a small bowl; add hot wine or water and let stand for 30 minutes, or overnight to draw out the full potency of the saffron.
2. Grease 8-inch round pan with a pat of butter.
3. In a food processor, pulse 8 tbsps of butter with confectioners' sugar until light and fluffy (about 2 minutes).
4. Add ½ tsp saffron-infused wine and vanilla; pulse until combined, scraping down sides as needed.
5. Add flour and salt; pulse until just combined.
6. Pat dough evenly into the prepared pan; cover with wax paper or a towel and refrigerate until firm, about 20 minutes.
7. Preheat the oven to 325°F (~165°C).
8. Remove pan from refrigerator, crimp edges with a fork.
9. Cut into 4 to 6 wedges with a sharp knife, careful not to damage the edge. Poke all over with a fork for even cooking and to release moisture.
10. Brush remaining saffron-infused wine over the top with a pastry brush; sprinkle generously with granulated sugar.
11. Bake until firm and golden around edges, 30-35 minutes.
12. Let cool slightly in the pan on a wire rack, then re-slice the wedges with a serrated knife, remove pieces and let cool completely on the rack.

By Melinda Price, Peace and Plenty Farm, Calif.  
Saffron grower. <https://peaceplentyfarm.com/>

## Homemade Saffron Mayonnaise

### Ingredients

- 1 whole egg
- about ½ teaspoon freshly squeezed lemon juice
- 1 small garlic clove;
- ½ teaspoon saffron
- 1 cup sunflower oil
- salt to taste

### Instructions

Grind saffron with a mortar and pestle. Transfer to a bowl. Add lemon juice; let stand until liquid turns yellow, 10 minutes.

1. Place the egg, lemon juice with saffron, chopped garlic clove, salt in a narrow, tall container. Put the immersion blender over the egg and without moving the blender up and down, pour in the sunflower oil.
2. Process the mixture until it starts to form the texture of mayo.
3. When you start seeing mayo, gently move the blender up and down in the container, continuing until all the oil is emulsified. The texture will be thick.
4. Store in the refrigerator for up to several weeks.

### Note:

Using raw eggs? If a recipe calls for raw eggs and you are concerned about the risk of *Salmonella*, you can make it safely by using pasteurized eggs. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 60 °C/ 140 °F. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any bacteria. Let the eggs cool before using in a recipe, or store in the fridge for 6-8 weeks.

By Elena Nedyalkova, grower from Bulgaria



## A Sample of Saffron Delicacies

Margaret Skinner

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Saffron is as old as the hills! There are records of its cultivation and use for culinary and medicinal purposes during the Minoan time (3000 – 1450 BC) in Crete. In 2300 BC it was first mentioned with the name of the city Sargon, Azupirano on the Euphrates. The Pennsylvania Dutch brought it to the US 300 years ago. How amazing that saffron, such an ancient spice, is having a renaissance in North America. Growers across the US and Canada are growing it, some for the first time. We collected several recipes by subscribers to Saffronnet, a listserv with over 780 subscribers.



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## Persian

### Jeweled Rice

#### (Persian Wedding Rice)



- 2 cups long-grain white basmati rice
- 2 teaspoons salt
- 2 wide strips orange zest, thinly sliced
- 1 large carrot, shredded
- 1 small onion, diced
- 1 teaspoon saffron threads (about ½ gram)
- 1/3 cup granulated sugar
- 3 tablespoons butter
- 1/3 cup sliced raw almonds
- 1/3 cup chopped raw pistachios
- 1/3 cup whole unsweetened dried cranberries
- 1 cinnamon stick
- 2 teaspoons freshly ground cardamom
- Seeds of 1 pomegranate for garnish

1. Make a saffron infusion by sprinkling the saffron into ¼ cup hot water and set aside.
2. Combine 2 cups water, sugar, and a pinch of salt in a small saucepan and bring to a boil. Add orange zest and carrot, reduce heat to medium-low and simmer until tender (about 4 minutes). Drain and transfer to a bowl and set aside.
3. Heat 1 tbsp butter in a large pot over medium heat. Add onion, cinnamon stick, cardamom, and a pinch of salt. Cook, stirring occasionally until onion is translucent.
4. Add rice, ¾ tsp salt and 3 cups water, increase heat to medium-high and simmer until water has mostly evaporated. Cover pot, reduce heat to low and cook until water is completely absorbed. Remove from heat and let stand for 5 minutes.
5. Melt 1 tbsp butter in a medium skillet over medium-high heat. Add pistachios and almonds and cook until lightly golden. Remove from heat and add dried cranberries and 1 tbsp of the saffron infusion, transfer to a bowl and set aside for topping.
6. Uncover rice and fluff with a fork; discard cinnamon stick. Transfer half of the rice to a serving bowl. Add the remaining saffron infusion, 1 tablespoon butter and the reserved orange peel and carrot to the rice in the pot and stir gently. Add yellow rice to the white rice and gently toss. Sprinkle with the pistachio and almond mixture and pomegranate.

By Agrin Davari, UVM Saffron Center.

## Moroccan

### Chicken



- 1 teaspoon sweet paprika
- ½ teaspoon ground ginger
- ½ teaspoon ground cumin
- 5 cloves garlic, finely chopped
- ¼ teaspoon saffron threads, pulverized
- ½ teaspoon turmeric
- ½ teaspoon salt and fresh ground black pepper
- 1 chicken, cut in 8-10 pieces
- 2 tablespoons olive oil
- 3 medium onions, sliced thin
- 1 cinnamon stick broken in a few pieces
- 16 Kalamata olives, pitted and halved
- 16 cracked green olives, pitted and halved
- 1 large or 3 small preserved lemons (sold in specialty food shops) (see below how to make your own)
- 1 cup chicken stock
- Juice of ½ lemon
- 1 can of chick peas, rinsed (optional)
- 1 tablespoon chopped flat-leaf parsley

#### Preparation:

1. Mix garlic, saffron, ginger, paprika, cumin and turmeric together. Add salt and pepper. Rub chicken with mixture, cover, refrigerate for 3 to 4 hours.
2. Heat oil in heavy skillet on medium high. Add chicken, and brown on all sides. Remove to platter. Lower heat to medium - low and add onions to skillet, and cook over medium-low heat about 15 minutes, until lightly browned. Transfer to tagine, if you are using one, or leave in skillet. Add cinnamon stick.
3. Put chicken on onions. Scatter with olives. Quarter the lemons, (you can remove pulp for a less tart dish) and cut in thin strips. Scatter over chicken. Mix stock and lemon juice. Pour over chicken. Add chick peas if you like. They're not in the original recipe, but they give the sauce more structure.
4. Cover tagine or skillet. Place over low heat, and cook 30 minutes, until chicken is done. Scatter with parsley, serve.

**How to make preserved lemons:** Quarter lemons without completely separating them, fill them with sea salt, put in a jar and cover with unsweetened lemon juice. Cover and refrigerate for 30 days-6 mos.

By Rita Carroll from, Virginia. [www.thefarminorange.com](http://www.thefarminorange.com)

## Flammkucken with Saffron



#### Ingredients

##### For the dough:

- 1 ½ cup (~200 g) flour
- 2 tablespoons olive oil
- ½ cup (125 ml) water
- Pinch of saffron
- Pinch of salt

##### For the topping:

- 2/3 cup (~150 g) bacon
- 2 medium onions
- 2 cups creme fraiche
- Pinch of salt
- Pinch of saffron, pinch of nutmeg
- ¼ teaspoon lemon juice

#### Preparation:

**Step 1.** Sift flour into a bowl and knead with olive oil, water and a generous pinch of salt with a knife-tip of saffron to a smooth dough. Cover and leave to rest at room temperature for ~15 minutes.

**Step 2.** Cut bacon into fine cubes or strips. Peel onions, cut in half and then into fine rings. Put a cup of cream fraiche in a bowl, season with salt, pepper, nutmeg, saffron and a dash of lemon juice.

**Step 3.** Halve the dough and roll out each half on a floured work surface. Place dough on parchment paper. Sprinkle each disc with a cup of the spiced cream and spread onions and bacon evenly over both flammkuckens. Preheat the oven to 425°F (220°C).

**Step 4.** Place the flammkuckens on a baking tray and bake for 10-12 minutes. It is done when the base is nicely crisp and it smells wonderful in the kitchen. Now just cut into pieces and simply serve on a wooden board.

By Janek Voos, Team Altenburger Safran from Germany.