



PERSIAN SAFFRON

SAFFRON AND HEALTH

SELMA Global Distribution LLC

SAFFRON is the world's most valuable spice because of its unique properties and because of all the labor that goes into producing it (more than 170000 flowers make just one kilogram)

The main characteristics of saffron are: PICROCROCINE (BITTERNESS), SAFRANAL (FLAVOR), CROCINE (COLOR). Saffron is the dried stigma (red part of the pistil) of *Crocus Sativus* Linnaeus.



Ninety-five percent of the world's saffron comes from Iran. Saffron is a valuable spice, which takes a lot of labor to produce, is actually a very small part of the plant *Crocus Sativus* Linnaeus and everything about it is really interesting. Every day during the one-month harvest season that starts around mid-October more than four hundred thousand people in one of the northern cities of Iran get up before dawn to go to the fields and pick the beautiful delicate lilac flowers that have bloomed overnight. They must be picked before being exposed to too much sunshine. The flowers are then carried in wicker baskets to the processing areas where the stigmas are patiently removed by hand. The next step is to gently toast the stigmas in order to dry them before they are tested, sorted, packed and sealed, insuring that the full, unique and exquisite flavor, aroma and color of this "vegetable gold" reaches the consumer.

Since ancient times physicians and chemists have been impressed by the quality and properties of saffron and their beliefs have been confirmed by modern science.



Saffron is used in various medicines and has traditionally been believed to give one a clear complexion, a sense of well-being and exhilaration, and to increase potency.

Saffron in the kitchen

Saffron is used for its unique flavor, color and aroma in meat, chicken and seafood dishes and in traditional dishes such as pilav-rice, paella and risotto.



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saffron could be use to produce a variety of desserts, like fruit cakes and cake powder, candy, saffron ice cream, saffron jelly, and saffron cookies. Also, saffron could be use as a flavor material to produce hot and cold drinks (saffron tea, saffron milk, saffron drinks).



Saffron is widely used in Indian, Persian, Italian, Spanish and Mexican dishes for cooking rice, spaghetti, pasta, paella and seafood dishes such as bouillabaisse, etc. In addition, saffron is an important ingredient to prepare drinks such as saffron Lassi and to flavor ice cream.



Indians and Arabs are the main consumer of saffron. Arabic saffron coffee should contain saffron and Cardamom. Indians use saffron in their famous briyani. In Italy and Switzerland, saffron is used to cook risotto. The French are also familiar with saffron, and use it in their food. In Spain, it is hard to imagine that without a proper amount of saffron can be made of high quality Paiya.

It is sufficient to add 100-125 milligrams of saffron to a meal prepared for three to four persons. It is therefore not costly at all to obtain a most desirable flavor, color and aroma in food.

1- The contents of the pack have to be poured into a glass or porcelain container. So it has to be grinded to turn to a soft powder. To prepare meal for four people a teaspoonful of the powder has to be mixed in half a cup of warm water (about 50 ml). In order to extract the maximum out of its effective elements, the container has to be closed and left in a warm place for 15–20 minutes. Then the saffron liquid could be added to the food.



2- First fully grind saffron and dissolve the required amount in some ice cubes one hour before using it

