

Recipes



Saffron - *Crocus sativus*

Tips for Use:

- To use, infuse in liquid such as water, broth, juice, wine, or eggs.
- Approximately 40 threads in $\frac{1}{4}$ gram = $\frac{1}{2}$ teaspoon = a pinch

Saffron Flavored Spelt Salad with Corn

2 cups spelt groats (whole berries)

3 cups water

2 $\frac{1}{2}$ teaspoon sea salt

$\frac{1}{2}$ teaspoon saffron

4 cups fresh yellow corn (can use frozen or canned)

1 cup chopped scallion

3 tablespoons finely chopped shallot

1 cup chopped red bell pepper

2 teaspoon ground cumin

6 tablespoons garlic vinegar (can use vinegar and a clove of garlic)

$\frac{2}{3}$ cup oil, can use olive, sunflower

$\frac{1}{4}$ teaspoon freshly grated pepper

2 teaspoons minced fresh parsley or lovage

Rinse the spelt groats and let drain in a sieve or colander. Put 2 cups of water and $\frac{1}{2}$ teaspoon of sea salt in a saucepan and bring to a boil. Add the spelt and boil 2 minutes, uncovered. Do not stir. Cover and remove from the heat. Cook and refrigerate 4-6 hours or overnight.

Add 1 cup boiling water and the saffron. Cover and simmer 40 minutes. Do not stir or remove the lid. At the end of 40 minutes, uncover, add the corn, and cook until the corn is hot and all the liquid has evaporated. Set aside to cool.

To assemble the salad, put the spelt and corn mixture in a deep bowl. Add the scallion, shallot, bell pepper and cumin. Stir to distribute the ingredients evenly, then make a well in the center of the mixture. Put 2 teaspoons of sea salt and the vinegar in a small bowl and whisk until the salt is dissolved. Add the oil and pepper, whisk lightly until combined, and pour into the well. Stir the salad up from the bottom and serve immediately with a garnish of parsley or lovage. This salad will keep in the refrigerator 3-5 days.

William Woys
Taste the Harvest

Golden Cake and Saffron Polenta (Mush)

2 tablespoons olive oil

1 cup chopped onion

5 cups chicken broth

1 $\frac{1}{4}$ teaspoon saffron threads

1 cup medium grain polenta (coarse cornmeal)

1 $\frac{1}{2}$ cup frozen corn, thawed



Heat the oil in a large saucepan over medium low heat. Add onion; cover and cook 5 minutes (do not brown). Add broth, salt and saffron to the onion mixture, bring to a boil. Whisk in polenta. Cook whisking constantly, until polenta boils and starts to thicken, 2-3 minutes. Reduce heat to low. Simmer 10 minutes, stirring occasionally. Cover, simmer until polenta is cooked through and very thick, stirring with a flat bottom spoon, about 10 minutes longer. Meanwhile, blend corn kernels in processor until coarse puree forms, mix into polenta. Season with pepper. Serves 6.

Bon Appetit

Saffron Cake

½ cup butter	½ teaspoon mace
1 cup brown sugar	¼ teaspoon ground cloves
1 cup currants (dried)	1 teaspoon powdered saffron
3 tablespoons golden raisins	2 cups cake flour
1 cup water	2 teaspoons baking powder
1 egg, lightly beaten	1 teaspoon grated lemon peel
½ teaspoon cinnamon	1 ½ cups milk

Add saffron to 1 tablespoon hot water and set aside. Bring 1 cup of water to a boil, remove from heat, and add raisins and currants, setting aside to plump.

Grease and flour the bottom and sides of 8-inch cake pan or Bunt pan. Preheat oven to 350°F.

Sift together the flour, cinnamon, mace, cloves, and baking powder. Stir in the lemon peel.

Put raisins and currants into a colander to drain.

Cream butter and sugar until light and fluffy. Add the dissolved saffron and beat well. Combine milk and beaten egg, then add sifted dry ingredients and beaten egg mixture alternately to the creamed butter and sugar.

Stir the drained raisins and currants into the batter. Pour the batter into prepared pan and bake for 1 ½ hours.

Eleanor Davis, Western Pennsylvania Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

**Do you have a recipe using Saffron to share?
Please send it to Educator@herbsociety.org**