

SPIRAN

By Spiran Ltd. | Vol 2 | Oct-Nov 2022

Spices: a story to tell

There was a time when the value of spice was much more significant than gold and other precious metals.

Restaurant review

La Fortuna

The very best Italian cuisine in the heart of Kensington

AWARD WINNING



TRADITIONS MATTER

Traditional recipe
in the world

*Orecchiette, wild
rocket and potatoes*







About Us

Spiran is a culture and information magazine that deals with issues relating to food and nutrition from a cultural, social, and economic point of view.

Spiran is published by Spiran Ltd, a company based in Mayfair, London (United Kingdom), experts in producing, importing and exporting the highest quality single-origin saffron in the UK, Europe and worldwide.

The magazine tackles issues concerning nutrition and food at 360 °, considering food not only as nourishment but also as an instrument of sociality, tradition and innovation with a healthy, tasty and curious vision of the world of catering and promoting a culture of health and balanced nutrition..

Spiran loves good food, loves well-being and is ready to recommend tasty (old and current) traditional recipes from all over the world. Practical advice and new ideas, always original, for cooking. In addition: in-depth information; guidelines, nutrition news; wellness' food festivals, and starred restaurants visited by *Spiran*

The magazine's core is the community, comprised of users obsessed with good food who actively participate by commenting, making requests, giving suggestions and sharing published content. But that's not all; the readers are also the authors of most recipes found in *Spiran*'s recipes that are relaunched and promoted through the magazine's social pages. Contact us if you want to be part of it!

The magazine's goal is to create food culture and food information as healthy, delicious and refined as our number one ingredient and queen of all spices—the saffron.

Spiran Ltd



contents

Spices: a story to tell

There was a time when the value of spice was much more significant than gold and other precious metals.

The spices that are good for athletes

Sport and nutrition go hand in hand and we want to focus on a very often underestimated food topic, namely spices

Traditions Matter

A traditional recipe from South of Italy
"Orecchiette, wild rocket and potatoes"

InFOODmation

Food and drink festivals in London and the UK

Restaurant review

La Fortuna

The very best Italian cuisine in the heart of Kensington

A top-down view of various spices and herbs arranged on a wooden surface. A large central wooden bowl is divided into sections containing white peppercorns, red paprika, mustard seeds, yellow turmeric powder, cinnamon sticks, and dried green herbs. Surrounding this central bowl are several wooden spoons, each holding a different spice: dark brown sticks (possibly cardamom), white peppercorns, yellow turmeric powder, mustard seeds, dark brown peppercorns, and a small amount of red powder. A sprig of rosemary is also visible on the left side.

SPICE UP YOUR LIFE!



Spices: a story to tell

There was a time when the value of spice was much more significant than gold and other precious metals.

Turmeric, saffron and cinnamon, coriander, pink pepper and vanilla, ginger, sesame and paprika, nutmeg, fenugreek and curry are called spices are just some of those that embellish some of our daily dishes.

The colours and scents of these tiny grains are the histories of man. Products of nature have been travelling for centuries, covering seemingly infinite distances.

They are the testimony of how what today we call "globalization" in the modern

sense is a very ancient practice..

Spices, in addition to being precious ingredients in the kitchen and, as legend has it, even endowed with medicinal virtues, tell us what two famous English historians, A.G Hopkins and Cristopher Bayly, have defined Proto-Globalization.

This term they used to indicate a distinct phase in the economic history of the world (between 1500 and 1600 until the advent of the High Modern Globalization of the late nineteenth century).

Thanks to spices, whose trade became a fundamental and fruitful activity, the connection between Europe and India as far as the Moluccas Islands was born (inaugurated by the Portuguese between the 15th and 16th centuries).

The "spice route", the street's name, was then the signal of European expansionism and colonialism.

Magic powders full of charm and mystery.

Spices were considered real jewels; indeed, they had a very high price for their distant origin and because they have been used to produce medicines.

Henry the Navigator and Vasco de Gama (before the beginning of the 16th century) opened this maritime road and drastically depowered the economic power of Arabs, Persians, Turks and Venetians.

Thus the Ottoman Empire weakened, and the importance of the ancient land routes known as the Silk Road and the Incense Road decreased.

After the Portuguese, the Dutch arrived with their East India Company and took control of this extraordinary "route" that ennobled Jakarta in Indonesia and Antwerp and Amsterdam in Holland. Thus it was that these "magic" powders arrived in Europe.

Rich in charm and mystery, these powders allow us to bring together different cultures. By giving space to creativity, we are thus able to generate positive contaminations while enjoying suggestive unexpected flavours.





Spiran Ltd - the United Kingdom

Best High-Quality Speciality Spice Gift Boxes eTailer 2022

spiran.co.uk

We are proud to announce that we have gone live on the LUXlife website as this year's winners of **The Perfect Gift Awards 2022** 🏆

Luxlife Magazine is a premium lifestyle publication of the luxury lifestyle industry featuring articles on fashion, beauty and fine dining, travel, luxury real estate, and much more.

Spiran has been awarded because of our quality saffron and unique and luxurious packaging. We are happy to share our success with you!

<https://www.lux-review.com/winners/spiran-ltd/>

Spiran





The spices that are good for athletes

Sport and nutrition go hand in hand and we want to focus on a very often underestimated food topic, namely spices

Spices are well known worldwide for their incredible ability to give taste and aroma to any dish.

However, almost everyone is unaware of how healthy and beneficial they are for our health.

However, for those who practice sports, it would be important to learn more about this "spicy" topic.

Spices and sport: a perfect combination

Is it possible to have a better muscle recovery, have a better sports performance and at the same time eat with more taste?

Of course, the answer is all contained in the spices.

Especially endurance sports, such as running, are definitely in favour of this completely natural dietary supplement.



Following a healthy and balanced diet is the basis for being healthy and in perfect physical shape. Of course, at times, just eating a slice of chicken breast can also be a bit demoralizing.

But, in reality, it only takes a little imagination to make that slice of chicken genuinely exceptional.

Here, spices come into play: fragrant, rich in taste and healthy.

Let's find out which are the most suitable for those who play sports.

Curry: with a strong and decisive flavour, it is undoubtedly one of the best-known and used spices.

It has many qualities, including that reducing inflammation and fatigue pains after strenuous workouts.

It also improves cardiovascular activity, giving a further sprint to sports performance.

Cinnamon. Excellent to be included in many desserts, but not only it is rich in antioxidants and anti-inflammatories.

Lowers blood sugar levels ensuring better function and energy in all muscles in the body.

In short, a real panacea for every athlete!

Cloves. Perfect for improving digestion and speeding up a wound's healing time. Did you know?

.



Ginger. Known for its excellent beneficial properties against inflammation and pain.

But, ginger is not only helpful for this. It is also perfect for eliminating those stomach pains that many athletes have after an intense workout. Also suitable for counteracting the typical pains of arthritis for those athletes who do not want to stop running even after a certain age.

Turmeric. We can define this spice as the queen of the post-workout. Thanks to its characteristics, it greatly helps to relieve tendons, joints and muscles. Therefore, after an intense workout, taking it promotes natural muscle recovery. It also improves sports performance as it also has positive effects on cardiovascular activity.

Cumin. Mainly indicated for post-injury as it has high anti-inflammatory and healing properties. Thanks to its antioxidant substances, Cumin has high antioxidant properties, thus also having an anti-ageing effect on both an aesthetic level and the level of sporting performance and physical fitness.



Saffron. The spice with a thousand virtues, a friend of sportsmen.

Saffron, a spice with countless nutritional properties, is one of the most potent antioxidants found in nature. It has beneficial properties that can act on the part of the nervous system that regulates the sensory receptors for the movement of muscles and joints, exerting a calming, analgesic and antispasmodic action.

After sport, drinking saffron-based relaxing do-it-yourself herbal teas help the muscles to relax and promote post-training relaxation.



Restaurant review

La Fortuna

Kensington Church Street 32, W8 4HA, London | www.lafortunaitalian.co.uk

The very best Italian cuisine in the heart of Kensington

The new Kensington Church Street restaurant, "La Fortuna", is an excellent addition to the Kensington area of London. A small restaurant that preserves authentic traditions with delicious dishes and is well cared for in every detail, surrounded by a friendly and fantastic atmosphere! It has delicious Italian cuisine where you can find the owner and manager making fresh pasta every day.



Restaurant review - La Fortuna

Chef Elsa is a devoted chef, producing delicious and excellent Italian food, where the flavours and presentations are lovely. Epic food, from traditional Italian flavours, friendly atmosphere and very kind staff. All in the heart of Kensington.



If you are looking for delicious authentic Italian cuisine, "La Fortuna" is the place!



Spiran



SPIRAN'S ADVICE

Gnocchi with saffron, courgettes in a cream sauce

At La Fortuna restaurant, you can find different saffron dishes! They use our single-origin saffron of the highest quality: Spiran!

Gnocchi with Saffron and courgettes in a cream sauce is delicious! Try it out! Gnocchi is fresh and homemade by our outstanding chef Elsa! Delightful and refined In every bite!



Spiran says:

Well made gnocchi is a wonderful thing. It should be made in the classic Italian way and be light and delicate. Homemade saffron gnocchi are a simple and genuine dish to prepare for any special occasion!



Not only
Saffron

TRADITIONS MATTER

Traditional Recipe in the world

ORECCHIETTE, WILD ROCKET AND POTATOES

From South of Italy - Apulia

Preparation: 10 minutes - Cooking: 30 minutes - Difficulty: Low - Portions: 3/4 people - Cost: Cheap

Ingredients:

- 400 g Orecchiette
- 400 g Potatoes
- a bunch of wild rocket (100 grams)
- 400 g cherry tomatoes (or 400 ml of tomato sauce)
- q.s. Extra virgin olive oil
- 1 clove of garlic
- q.s. salt

Preparation:

Sauce: In a saucepan, fry the clean clove of garlic with 3-4 tablespoons of extra virgin olive oil. Add either washed and chopped tomatoes or tomato sauce. Season with salt and cook for about 15 minutes over medium heat and stir often with a wooden spoon. When cooked, you can remove the garlic clove and blend the tomatoes with an immersion blender.

Fresh pasta: Peel the potatoes, wash and cut them into cubes. Put a pan with salted water on the stove. Put the potatoes into boiling water and cook them for 14-15 minutes. Then, dip the orecchiette and the washed wild rocket into the same water. Cook it for about 5-6 minutes or the time indicated on the package. Drain the orecchiette with wild rocket and potatoes and toss with the tomato sauce.

Variant: You can prepare this dish with or without tomato sauce (white version)



Orecchiette, rucola e patate

Buon appetito!

Saffron, the lovely spice that adds colour and heavenly aroma to food, derives its name from the Latin word safranum. Some also believe that it has drawn from the Arabic word zafaran meaning yellow.



Saffron latte with almond



Ingredients:

- 7 1/2 cups whole milk
- 1/2 cup blanched, sliced almonds
- 1 teaspoon saffron threads, plus 2 pinches for garnish
- 1 teaspoon ground cardamom
- 6 tablespoons honey

Bring milk to a boil in a medium saucepan over high heat. Reduce heat to low and add almonds, saffron, cardamom, and honey. Simmer, stirring, until all the ingredients are well combined, about 5 minutes. Serve hot, garnished with saffron.

INFOODMATION

Food and drink festivals

London:

- London Bierfest 2022 ~ 6th - 7th of October (@Old Billingsgate)
- London cocktail week ~ 13th - 23rd of October (@300)
- Camden Oktoberfest ~ 1st of October (@Electric Ballroom)
- The Catford Literary Festival - Food, Glorious Food! ~ 2nd of October

In the UK:

- Manchester Food and Festival ~ 1st of October (@Cathedral Gardens)
- The Forest Showcase Food Festival ~ 2nd of October (Gloucestershire - @Forest of Dean)
- Wells Food Festival ~ 9th of October (The Town Hall @Market Place)
- Falmouth Oyster Festival ~ 13th - 16th of October (Falmouth @Church Street)

CONTACT US

If you want to be part of *Spiran*, advertise your company and your restaurant, have us as a supplier, suggest a recipe or simply get general information, you can contact us by email at sales@spiran.co.uk

Do not forget to subscribe to our newsletter by registering your email on our website www.spiran.co.uk.

You will receive promotional offers and code discounts for our products and our semi-monthly magazine with a selection of articles, recipes and the most relevant events about the food world!

Let food inspire you!

Spiran team



Spiran





SPIRAN

www.spiran.co.uk
sales@spiran.co.uk
[@spiran_saffron](https://www.instagram.com/spiran_saffron)

