

SPIRAN

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Wake up your metabolism with Saffron!

Saffron is an excellent ally in preventing metabolic syndrome, but this noble spice also helps reduce appetite.

Restaurant review

La Tagliata

An excellent
Italian escape!

TRADITIONS MATTER

Traditional recipe
in the world

Chilean Curanto







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



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LET'S SPICE THINGS UP!



Is saffron also a cosmetic?

Myths and legends

Around a spice as important as saffron, several myths have developed, which make saffron also necessary for particular uses, such as cosmetics.

One of the oldest "stories" linked to saffron in cosmetics even concerns Alexander the Great, who used saffron to dye his hair. In addition to being a great leader, Alexander III of Macedon (better known as Alexander the Great), according to history, was an innovator who was the first to understand the importance of image, advertising, and communication: to see the soldiers, often fed with his troops, the army that was created and mythologized in various legends by a group of historians. Today we would say "reporters and" who in his service had the task of writing everything about him destined to impress the enemy. To be recognized by his soldiers, Alexander the Great dyed his hair with saffron and potassium water. In the middle of the fourth century BC, in Greece, it was common for men of a certain level to take care of their hair, but there was no mass of men dyeing it. Alexander showed off (despite being Macedonian) long blond and shiny hair thanks to saffron.

Alexander the Great dyed his hair with saffron and potassium water

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Macedon (better known as Alexander the Great), according to history, was an innovator who was the first to understand the importance of image, advertising, and communication:

it was he who led, often led, with its impetus, the army that was praised and mythologized (in various languages) by a group of historians.

Today we would say "reporters sold," who in his service had the task of writing terrifying stories about him destined to impress the enemy.

To be recognized by his soldiers, Alexander the Great dyed his hair with saffron and potassium water.

In the middle of the fourth century BC, in Greece, it was common for men of a certain level to take care of their hair, but there was no news of men dyeing it.

Alessandro showed off (despite being Macedonian) long blond and shiny hair thanks to saffron.

One of the oldest "sources" linked to saffron in cosmetics even concerns Alexander the Great, who used saffron to dye his hair. In addition to being a great leader, Alexander III of Macedonia (better known as Alexander the Great), according to history, was an invader who used the fact to understand the importance of image, advertising, and communication: it was he who dyed his hair, often red, with saffron. The army that was praised and mythologized (in various languages) by a group of historians. Today we would say "reporters sold," who in his service had the task of writing terrifying stories about him destined to impress the enemy. To be recognized by his soldiers, Alexander the Great dyed his hair with saffron and potassium water. In the middle of the fourth century BC, in Greece, it was common for men of a certain level to take care of their hair, but there was no news of men dyeing it. Alessandro showed off (despite being Macedonian) long blond and shiny hair thanks to saffron.

Cleopatra and saffron in cosmetics

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Cleopatra used various cosmetics based on saffron and honey. In reality, the queen seems to have used saffron powder as a "face powder," which left a golden patina on her skin.

Even bathing in water and saffron appears to have been used by the queen as an aphrodisiac.

Of course, we learned the details of the tricks used by Cleopatra from her detractors.

Certainly, Cleopatra, despite the rarity of the spice, could afford it, and, according to current studies, there was undoubtedly a purifying and rejuvenating effect on the skin.



Lemon loaf cake with saffron syrup

INGREDIENTS:

For the loaf:

¾ cup castor sugar
2 large eggs
1 tbsp finely grated
lemon rind
½ tsp vanilla extract
2 tbsp lemon juice
125g butter, melted
¾ cup milk
1½ cups flour
2 tsp baking powder
pinch of fine salt

*For the saffron
syrup:*

2 tbsp lemon juice
¼ tsp saffron
threads
3 tbsp water
¼ cup castor sugar
½ tsp finely grated
lemon rind
3 cardamom pods,
slightly crushed

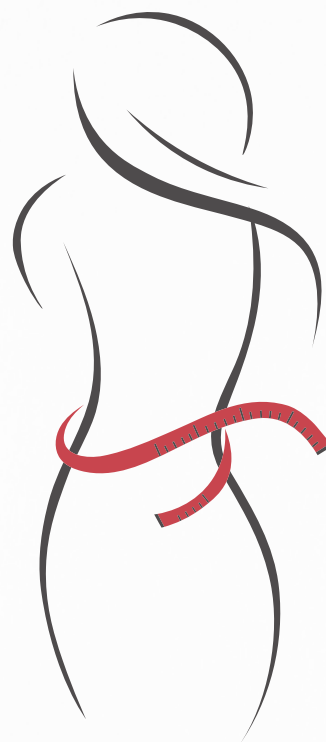
Visit our website for
the recipe and tips

~

www.spiran.co.uk







Wake up your metabolism with Saffron!

Saffron is an excellent ally in preventing metabolic syndrome, but this noble spice also helps reduce appetite.

Saffron is a precious spice with an unmistakable aroma that has many healthy properties linked to its content of antioxidants (carotenoids, crocin, safranal) and vitamins of group B. The effects of saffron on the body are both healthy in general and specific to prevent certain pathologies.

Research in the *Journal of Complementary and Integrative Medicine** showed that saffron has beneficial effects against the "metabolic syndrome," a problem characterized by a set of factors including overweight, fat concentrated on the waist, and high blood fat levels.

According to the study, saffron could improve these parameters, which, if not kept under control, send the metabolism into a tailspin and cause cardiovascular problems.

The saffron extract also wakes up the metabolism, decreases appetite, and helps lose weight.

***Conclusions**

We have shown that saffron can decrease serum Hsp27 and 70 antibody titers in patients with metabolic syndrome. As this study was conducted on a small number of patients with metabolic syndrome, it is highly recommended that these findings are confirmed in a larger sample size.

*[*https://www.researchgate.net/publication/260117769_Saffron_in_metabolic_syndrome_Its_effects_on_antibody_titers_to_heat-shock_proteins_27_60_65_and_70](https://www.researchgate.net/publication/260117769_Saffron_in_metabolic_syndrome_Its_effects_on_antibody_titers_to_heat-shock_proteins_27_60_65_and_70)*



**Boots your
Metabolism!**

Spiran



Restaurant review

La Tagliata

Online Reviews



11 Sandys Row, E1 7HW, London | www.la-tagliata.com

An excellent Italian escape!

La Tagliata perfects the Italian dining experience with class service and sensational tasting food.

The service is the best experience you will have, with constant attention to detail and service to the customer, which speaks volumes for a restaurant that cares about the customer's experience throughout their meal. Attentive to every detail and with a charming smile, they will make you feel relaxed and welcome!



Restaurant review - La Tagliata

Walking into La Tagliata from the bustling, crowded London streets, you feel as though you have entered a peaceful, delightful, and atmospheric Italian escape.



When you walk through the doors of La Tagliata, you are first greeted by the wonderful and intimate decoration that surrounds you. Perfectly lit, with bookshelves and artwork, there is an elegance and comfort here that it feels like you have just walked into a beautiful Italian Villa.



The food is phenomenal. The selection of Italian bread and pasta is delicious and tastes genuinely authentically Italian. Perfectly cooked, simple and beautiful: the way authentic Italian should be.

There are few places you can find such a delicate balance of flavour, presentation, and simplicity - and La Tagliata exceeds in every way!

Spiran



SPIRAN'S ADVICE

PASTA WITH SAFFRON FROM ABRUZZO, FOREST PORCINI MUSHROOMS, CRISPY PORK GUANCIALE, CHILLI AND D.O.P PECORINO CHEESE

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

Pasta with saffron from Abruzzo, forest porcini mushrooms, crispy pork guanciale, chilli, and D.O.P Pecorino cheese is so delicious! Try it out! You will taste the authentic Italian flavour!



Spiran says:

Using saffron creates a sauce with spectacular colour and gives the dish a distinctive taste. They say that saffron can taste different to different people. It adds a bitter-sweet flavour to the dish. You will love it!





TRADITIONS MATTER

Traditional Recipe in the world

CHILEAN CURANTO

Ingredients:

From Chile - Archipelago of Chiloé

- 2 tablespoons olive oil
- 1 pound boneless skinless chicken thighs
- 1 pound mini Yukon Gold potatoes
- 1 red pepper sliced
- 1 medium white onion sliced
- 1 banana pepper or several small jalapenos thickly sliced
- 1 tablespoon garlic chopped
- 1 large Savoy cabbage leaves torn off
- 2 Spanish chorizo sausages cut in thirds
- 1 pound smoked pork spare ribs or pork chops
- 2 pounds clams
- 1 pound mussels
- 1 cup white wine



Preparation:

- Heat oil in a large grill-proof wide pot over high heat on the barbecue.
- Add chicken and cook until lightly brown.
- Add potatoes, red peppers, onions, banana peppers and half of garlic, season with salt and pepper and cook for a few minutes or until softened.
- Cover tightly with cabbage leaves.
- Add sausage and spare ribs and cover with more cabbage leaves.
- Add clams, mussels and remaining garlic, pour wine over top and cover with a final layer of cabbage leaves.
- Cover pot tightly with a lid.
- Keep barbecue heat at about 325 F and cook for about 40 minutes or until everything is cooked and steaming hot.
- Remove pot from barbecue and put all the ingredients clams, mussels, sausage, chicken and pork on a platter.
- Serve cabbage as well.

Buen Provecho!

A MAGICAL POTION INGREDIENT

Saffron-based pigments have been discovered in 50,000-year-old paintings of ancient locations in northwestern Iran. Later, Sumerians utilized wild-growing Saffron in their healing and magical concoctions.



Saffron mashed potatoes



Ingredients:

- 1 tsp Garlic powder
- 3 lbs Yukon gold potatoes
- 1 Pinch Saffron
- 1 Salt and pepper
- 1/2 cup Butter
- 1/4 cup Heavy cream
- 1/2 cup Whole milk .

1- Melt butter

2- Then, steep the saffron in the warm, melted butter and allowing it to take on a beautifully rich, golden colour.

3- Next, pour most of the saffron-butter mixture into your cooked potatoes.

4- Add cream, salt, pepper, and a touch of garlic powder.

5- Mash it until smooth and creamy.

6- Drizzle more of the saffron butter on top and serve warm.

INFOODMATION

Food and drink festivals

London:

- Camden Oktoberfest ~ 1st of October (@Electric Ballroom)
- The Catford Literary Festival - Food, Glorious Food! ~ 2nd of October (@Abbotshall Healthy Lifestyle Centre)
- Festival of St. Cecilia Service and Lunch ~ 23rd of November (@Westminster Abbey)
- Eat Drink Festival Christmas ~ 27th of November (@London Kensington Olympia)

In the UK:

- Nottingham Whisky Festival 2022 ~ 19th of November (Nottingham)
- The Gin & Rum Festival ~ 19th of November (Sheffield) / 26th of November (Newcastle)
- Bath Vegan Festival 2022 ~ 26th of November (Bath)
- York Whisky Festival ~ 26th of November (York)

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





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