

SPIRAN

By Spiran Ltd. | Vol 1 | Aug-Sept 2022

Keep fit with spices

Using spices and herbs in your diet might help keep you fit and healthy.

Restaurant review

BRICCO E BACCO

A corner of tradition in the streets of Fitzrovia

TRADITIONS MATTER

Traditional recipe
in the world

Salmorejo







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.

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contents

7 **Quality is the watchword**

Why Spiran saffron is a synonym for quality

19 **Traditions Matter**

A traditional recipe from South of Spain - Cordoba "Salmorejo"

11 **Keep fit with spices**

Using spices and herbs in your diet might help keep you fit and healthy.

22 **InFOODmation**

Food and drink festivals in September 2022 in London and the UK

14 **Restaurant review**

Bricco e Bacco

A corner of tradition in the streets of Fitzrovia

A top-down view of a white ceramic bowl filled with bright yellow, short-grained rice. The rice grains are plump and have a glossy sheen, suggesting they are cooked and moist. The bowl is set against a dark brown, wood-grained background. The text "LET FOOD INSPIRE YOU!" is centered over the middle of the bowl in a bold, black, sans-serif font.

LET FOOD INSPIRE YOU!

Quality is the watchword

Why Spiran saffron is a synonym for quality



Saffron is one of the most counterfeit products, so it is necessary to recognize the quality one from its substitutes.

Here's what to know before buying pure and quality saffron.

Among the many spices that nature offers, saffron (*Crocus sativus*) is undoubtedly one of the most sought after for the colour and flavour it gives to the dishes in which it is used.

To recognize quality saffron, one must observe the plant with six purple-purple petals, three yellow stamens and at least three red stigmas.

The stamens represent the male part of the flower and have no aroma, while the stigmas are the female part, and from these, we obtain saffron.

The flavour, aroma and colouring potential are concentrated in the red stigmas. Saffron is obtained by grinding only the stigmas.

The low-quality powders on the market also contain the stamens and parts of turmeric, and the colour is much more intense.

At first glance, fresh saffron shows a very intense red-orange colour. Keep in mind that it is precisely the crocin that gives the saffron its characteristic colour, and the stronger and more decisive it is, the higher the quality.

Quality saffron colours the dish after a few minutes. As proof, take a small cup and fill it with alcohol. Put from 40 to 50 stigmas of saffron and wait for it to colour; if it is pure, it will continue to colour for a whole day. Safflower is a product to stay away from if you are looking for quality. This powder is obtained from wild thistle, which has a very similar colour to saffron. Production costs are high, which justifies the saffron's high prices.

The price is another variable to consider: cheap saffron must make the consumer suspicious. To guarantee good quality, it is more than ever necessary to pay a reasonably high price.

As mentioned earlier, it is better to buy pistils, as the powder is easier to counterfeit. The best option is to choose Iranian saffron; this luxury spice is grown only in Iran (90% of the world's production!) This spice is also known as Iran's red gold, and stocks are used by the government as if they were a real treasure, placed in ad hoc safes.

The saffron's Iranian aroma is very strong and concentrated, and its bright colour is easily transferred to the plate, as it has a very effective colouring action. Iranian red saffron costs about £2,000 per kilo. However, per hectare, it doesn't cost £200, quite the opposite. It can cost up to £700. So it costs more than gold!



Ingredients

- 1 Onion, large
- 1 1/2 Litres hot vegetable stock
- 1 tsp Saffron strands
- 1 Salt and white pepper
- 5 tbsp Olive oil
- 50 g Butter
- 100 g Parmesan cheese
- 200 ml White wine, dry
- 400g Arborio (or Carnaroli) rice (ordinary rice is not suitable for risotto)

Simple Saffron risotto






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Keep fit with spices

Using spices and herbs in your diet might help keep you fit and healthy.

Spices or herbs are not just limited to giving a strong and particular flavour to savoury and sweet recipes. Still, they are of great help for weight loss because they favour the elimination of waste and toxins, strengthening the metabolism and limiting their use of high-calorie fatty condiments (oil, butter, etc.). Furthermore, spices reduce the quantities of salt and seasonings and are rich in vitamins and mineral salts such as calcium, potassium, magnesium and manganese.

You can start using them as soon as you wake up, in the morning, by drinking a glass of lukewarm mineral water with a teaspoon of freshly cut or grated ginger root at the moment, and then have a hearty breakfast.



This way, your metabolism will stay active all day and burn more fat and calories. Fat is not the only enemy to defeat when our goal is to reshape the body and eliminate a few pounds.

To lose centimetres (where needed) is necessary to consider the liquids that stagnate in the areas penalized by poor circulation. These digestive problems cause abdominal swelling and, last but not least, a slow metabolism, which does not allow to transform food into energy correctly.

A genuinely effective slimming diet must consider all these variables, and spices are ideal for helping us achieve our goal.

First, thanks to their intense flavour, herbs and spices reduce, but also eliminate, the salt and the excess fatty seasonings (thus counteracting the swelling and water retention caused by sodium) and the fat that accumulates because of the fats. Then there is the purifying effect given by aromas such as dill and pepper (which have a diuretic and detoxifying action).

Moreover, the digestive functions and metabolic processes are improved due to saffron, ginger, turmeric and chilli (which also provide micronutrients and precious antioxidants that counteract ageing and numerous diseases). Spices also quench nervous hunger and protect the heart and brain.

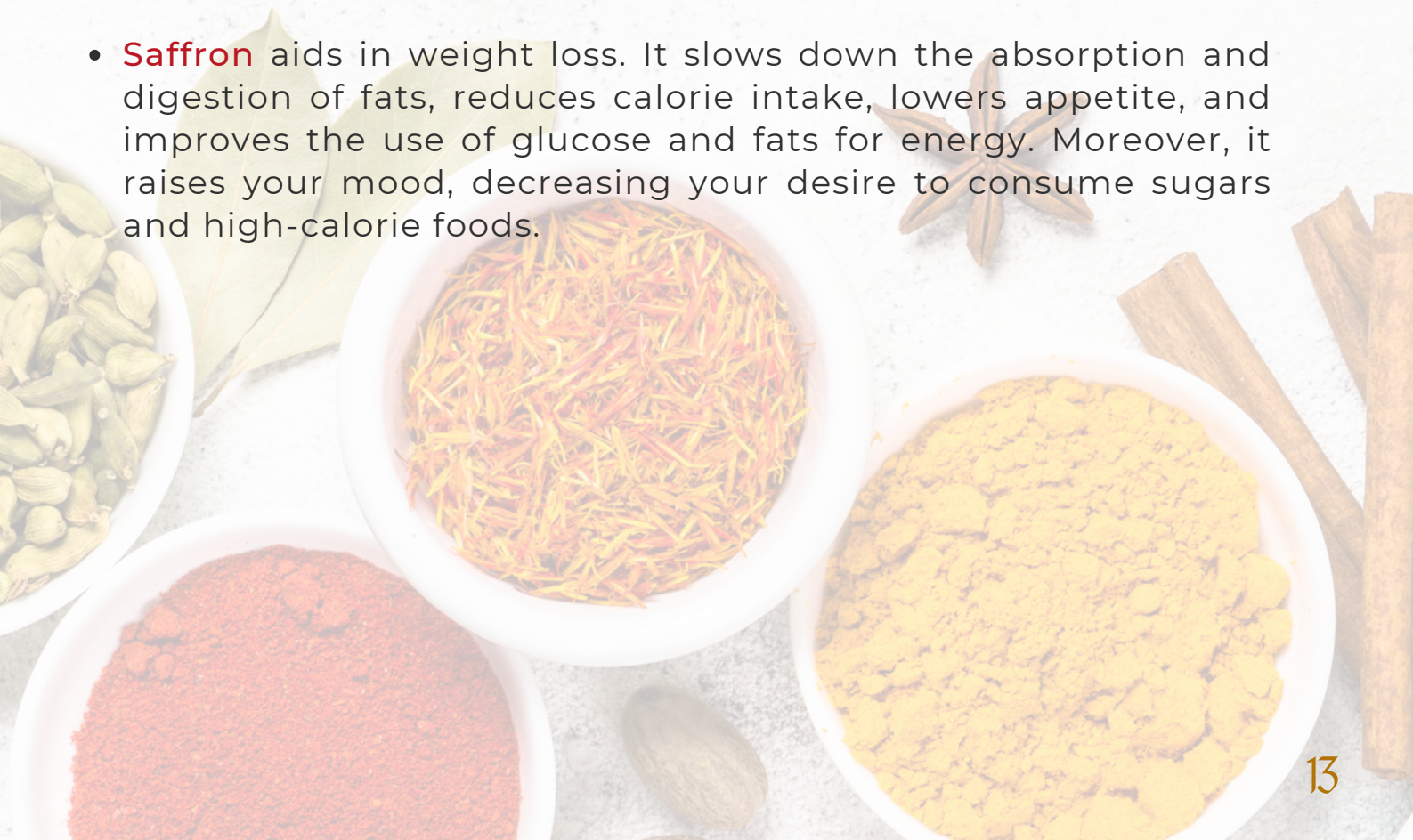


Oriental cuisine often uses spice mixes, which vary in different locations

The most famous is curry, the basis of Indian cuisine, which you can find on the market already mixed in numerous versions. If you want to prepare it, you can mix 4 parts of coriander, 1 part of cumin, 1 of well-chopped chilli, all lightly toasted with the addition of 1 part of ground black pepper. The use of spice mixes would help to dampen the feeling of hunger. A study at the Smell & Taste Treatment Research Foundation followed 2400 overweight adults and found that when taste perception is minimal, the sense of satiety comes only after having ingested a large amount of food. The tastier the food, the earlier the feeling of satiety occurs. Furthermore, according to some studies of the University in North Carolina (USA), we should eat curry dishes about 1-2 times a week because this mixture of spices is anti-inflammatory, slimming, regenerating tissues (including skin) and protective of the heart and brain.



- **Cardamom** helps you to get slim. It accelerates metabolism and is particularly effective in cases of gastrointestinal disorders. Reduce fat and blood sugar with curry. It increases thermogenesis, burns more calories and controls blood sugar.
- **Ginger** helps you to fight cellulite. It is stimulating and antioxidant; it cleanses the liver and the lymphatic system, contrasting stagnation and cellulite, fat and swelling.
- **Cumin** is an anti-fermentation. It reduces the fermentation phenomena linked to carbohydrates, sugars, yeasts and proteins.
- **Saffron** aids in weight loss. It slows down the absorption and digestion of fats, reduces calorie intake, lowers appetite, and improves the use of glucose and fats for energy. Moreover, it raises your mood, decreasing your desire to consume sugars and high-calorie foods.



Restaurant review

Bricco e Bacco

11-13 Charlotte St, London W1T 1RH | www.briccoebacco.co.uk

A corner of tradition in the streets of Fitzrovia

Bricco e Bacco is an Italian steakhouse and restaurant with Sicilian influences, which offers typical Italian dishes and red meats of different quality and provenance that are nothing short of spectacular!

That is one of its authenticity: "an Italian restaurant with meat menus from other countries!"

If you are a born carnivore, Bricco e Bacco is the place for you; the dishes are a satisfaction for the gluttony, the stomach and the eyes; the meats are served on a block of hot salt, which allows you to cook them according to your preference. Meat is softness, tasty and a satisfying quantity based on the price.

Quality is Outstanding!



Restaurant review - Bricco e Bacco

The true Sicilian roots of this restaurant (from a gastronomic point of view) emerge above all at the moment of the dessert, with a wide range of desserts that will make you try the flavours of Sicily) but the real Mediterranean secret of this place is the Italian hospitality. The staff is friendly, cordial and attentive to customer needs! There will be smiles and good humour all the time!

Bricco e Bacco is great for dinner with friends or companies that want to aim for quality in every aspect! The restaurant, in fact, also offers a room reserved for special events - where music, authenticity, luxury, refined atmosphere and exclusive service will not disappoint you!



Wine and meat are combined according to the breed, colour, cooking and type of cut of the second most consumed dish in the world.

Red meat does not always go well with red wine. White, red meats, and game have very different sensory characteristics, so much so that often the combination requires a good dose of creativity.

Bricco e Bacco is a wine expert, and the staff can recommend the right pairing!



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SPIRAN'S ADVICE

Saffron Spaghetti

At Bricco e Bracco you can find different saffron dishes and drinks! They use our single-origin saffron of the highest quality: Spiran! Bricco and Bacco's saffron Spaghetti is an excellent, delicious, and refined dish aimed at those who are not meat lovers but sure lovers of good food and quality products!



Spiran says:

This silky vegan dish comes together using both starchy cooking water and a saffron stock to create a creamy, glossy and silky pasta that could be on your table in less than 20 minutes.





TRADITIONS MATTER

Traditional Recipe in the world

SALMOREJO

From South of Spain - Córdoba

Preparation: 20 minutes - Cooling time: 2 hours - Difficulty: Low - Portions: 4 people - Cost: Cheap

Ingredients:

Tomatoes 800 g
Stale bread 200 g
Garlic ½
Water 250 ml
Extra virgin olive oil to taste
Salt up to taste
Black pepper to taste

To Garnish:

Eggs 2
Raw ham (jamon serrano) 2 slices



Preparation:

Start by removing the crust from the slices of stale bread and cutting them into cubes, then put them in a bowl and soak them with about 250 ml of water; let them soak for about half an hour.

Meanwhile, peel the tomatoes and cut them into cubes.

Put the diced tomatoes, the soaked and unsqueezed bread and half a clove of garlic in the blender, and mash everything.

Then add about 50 ml of extra virgin olive oil, salt and pepper and blend everything to mix the ingredients well: the result must be a very creamy and thick velvety.

Cover with cling film and leave the salmorejo in the refrigerator at least two hours before enjoying it; it must be very cold!

In the meantime, firm two eggs and when they are ready, cut them into slices or cubes and cut into strips the slices of cured ham (possibly Jamon serrano).

Serve the salmorejo very cold, garnishing each dish with hard-boiled eggs, strips of ham and a drizzle of extra virgin olive oil!

¡Que aproveche!

CROCUS SATIVUS

Commonly known as saffron crocus, or autumn crocus, is a species of flowering plant of the *Crocus* genus in the iris family Iridaceae. It is best known for producing the spice saffron from the filaments that grow inside the flower



A top-down photograph of a small, light-colored ceramic bowl with a dark blue rim, filled with three scoops of pale yellow ice cream. The ice cream is garnished with saffron threads and cardamom pods. The bowl sits on a light blue textured surface. In the upper left, a silver spoon holds a cardamom pod, surrounded by more pods and saffron threads.

Saffron Cardamom Ice cream

Ingredients:

- 1 cup (240 mL) whole milk
- 1 cup (240 mL) heavy cream
- ¼ teaspoon saffron threads
- 4 large egg yolks
- ¼ cup + 2 tablespoons (75 g) granulated sugar
- 1 teaspoon ground cardamom
- ¼ cup toasted shelled pistachios roughly chopped

Creamy and fragrant ice cream with saffron and cardamom notes! Chopped pistachios are added in the last minutes of churning for added texture.

Food and drink festivals

London:

- London Halal Food Festival - 3rd of Sept (London Stadium)
- World Food Festival - 3rd of Sept (Norbury Park)
- Speciality & Fine Food Fair - 5th and 6th of Sept (Olympia London)

In the UK:

- The Big Festival - 26th/28th of Aug (Cotswolds)
- British Halal Food Festival - 4th of Sept (Birmingham)
- Foodies Festival - 9th of Sept (Norwich)
- SeaFeast - The Dorset Seafood Festival - 11th of Sept (Weymouth)
- Aldeburgh Food & Drink Festival - 24th and 25th of Sept (Snape)

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!



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