



# evolva

Saffron Recipe Book





## Dear Evolva Shareholder

As in previous years, we would like to present you with a token of our appreciation for your support for Evolva. This year's gift actually has something to do with one of our future products: saffron.

We are working hard to develop a sustainable alternative for the production of this valuable spice. Since we are not yet finished, we cannot present you with OUR saffron yet, but as a 'preview', we are offering you a small saffron sample, produced in the traditional agricultural way. Traditional saffron will never go out of style. But there is just not enough produced, and it is rather expensive to make the unique taste, smell and colour of saffron available for everyone. We believe our saffron can address this latent demand.

We asked our people to send in suggestions for saffron based recipes. The resulting booklet is now in your hands and contains ideas from three continents. We hope it will provide some inspiration to try some saffron dishes.

Bon appétit!

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## Many thanks to everybody who contributed

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## Cream of Garlic & Saffron Soup

Prep time	Cook time	Ready in	Serves
20 min	20 min	40 min	4

### Ingredients

good pinch of saffron threads  
85 g butter  
3-4 garlic cloves, chopped  
2 medium onions, sliced  
2 sticks of celery, chopped  
2 bay leaves  
2 tablespoon balsamic vinegar  
1.2 litres chicken stock  
5 tablespoon risotto rice  
142 ml cream  
lemon juice  
crispy croutons

### Method

Soak the saffron in 2 tablespoon of water for 10 mins; melt the butter in a large saucepan and add the garlic, onion, celery and bay leaves and coat with the butter. Cover and cook gently for about 15-20 mins until the onion is softened but not browned. Now add the balsamic vinegar and bring to the boil; once boiling add the stock, the saffron and saffron water and a good pinch of salt and pepper.

You can now remove and discard the bay leaves.

Liquidize the soup with a blender or stick blender and pour in the cream and reheat until hot. Adjust the seasoning and add lemon juice to your liking.

Top with the croutons.

### Croutons

Fry some chopped bread with olive oil, garlic, salt and pepper (or any other garnish you would like)



## Chicken Soup with Saffron & Almonds

Prep time	Cook time	Ready in	Serves
15 min	15 min	30 min	3

### Ingredients

1/4 teaspoon saffron threads  
1/2 cup sliced almonds  
about 2 tablespoons extra-virgin olive oil, divided  
1 pound boned, skinned chicken breasts, cut into 1-in. chunks  
1 1/2 cups mushrooms cut into quarters or eighths  
1 1/2 tablespoons thinly sliced garlic  
4 cups reduced-sodium chicken broth  
finely shredded zest of 1 lemon,  
1/4 teaspoon freshly ground black pepper  
1.5 cups of yukon gold potatoes, cut into cubes  
5 ounces baby spinach  
1 1/2 tablespoons fresh juice  
salt

1 cup = 0.25 litres

### Method

Toast saffron in a medium to large pan over a medium heat until fragrant, about 4 minutes; scrape out of pan and set aside. Add almonds and 1 tablespoon oil to the pan and cook, stirring occasionally until golden, about 3-4 minutes; place finished/toasted almonds in a bowl.

Add remaining oil to the pan with the chicken and increase the heat to medium-high. Cook the chicken thoroughly, but do not overcook. Stir in quartered mushrooms and garlic and transfer to a separate bowl.

Add broth, lemon zest, pepper, saffron and potatoes to the pan. Cover and bring to a boil, then reduce the heat and simmer under a low-medium heat for 10 minutes. Return the chicken mixture to the pan and simmer covered, until flavors are blended, about 5 minutes. Stir in the spinach and cook until wilted, usually no more than two minutes, then add lemon juice and salt to taste.

Ladle into bowls and drizzle with oil and sprinkle with almonds.

Recipe derived from Sunset Magazine California cuisine recipes infused and inspired by saffron's color, flavor, and essence.



## The Evolva Salad

Prep time	Cook time	Ready in	Serves
15 min	20 min	35 min	4

### Ingredients

1 vanilla pod	8 tablespoon olive oil
300 ml white wine	10 g currants
1/2 teaspoon cumin	20 g pumpkin seeds
10 saffron threads	250 g chicory
1 small cinnamon stick	20 g raddichio salad leaves
2 star anise	20 g oak leaf lettuce
2 small pears	20 g endive salad
1 red pepper	salt & pepper
1 small chili	
3 tablespoon white wine vinegar	

### Method

Pre-heat the oven to 250 degrees.

Slice the vanilla pod lengthways and scrape out the seeds and mix them with the wine, cumin, saffron, cinnamon and star anise. Bring to the boil and simmer for 10 minutes and then peel the pear and place into the stock and simmer for another 10 minutes. Remove from the heat and let it cool.

Clean the pepper, cut in half and remove the seeds then grill, skin facing upwards until it blisters (6 to 8 min). Let the pepper cool down in a closed plastic bag, then peel off the skin and cut into strips.

Finely chop the chili. Blend the vinegar, oil, salt, pepper and a pinch of sugar to a vinaigrette and add pepper, chili and currants to the vinaigrette. Roast the pumpkin seeds in a pan without oil, season with salt and let cool.

Wash the salad and chicory, making sure to remove the stalks from the chicory. Tear into bite-sized pieces and use 2/3 of the vinaigrette from the latter and mix it into the salad. Cut the pear into quarters and remove the core. Serve it on a plate together with the salad, garnish it with the remaining of the vinaigrette and the salty pumpkin seeds



### Ingredients for the gravy

100 ml groundnut oil (non-refined)  
3 bay leaves  
2 tablespoon curry leaves  
2 cardamoms  
6 cloves  
50 g slit green chillies  
200 g sliced onions  
50 g of smashed garlic  
50 g of ginger paste  
2 tablespoons of ghee  
0.5 dl /1/4 cup curd  
1.25 dl water

### Ingredients for the marinade

1 teaspoon red chili powder  
1/2 kg mutton cut into small pieces  
0.5dl /1/4 cup curd  
salt to taste

### Ingredients for the rice

2 cups (5dl) basmati rice-cleaned and soaked in water  
1 green cardamom  
2 cloves  
salt – to taste  
1/2 teaspoon saffron-soaked in 0.5 dl of warm milk  
1 tablespoon butter  
1 teaspoon lemon juice

## Layered Mutton Biryani with Saffron

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Prep time	Cook time	Ready in	Serves
10 min	60 min	70 min	4

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### Method Marinade

Mix together chilli powder, salt and curd and marinate the meat in it for 4 hours.

### Gravy

Pour 100ml groundnut oil in a heavy bottom pan or pressure cooker, and put on a high flame. As soon as the oil gets hot, reduce the flame to low and add bay leaves, curry leaves, smashed cardamom, cloves, green chillies and onions in the same order with a few seconds interval. Fry until onions turn pinkish/purple colour and then add the smashed garlic and after a minute the ginger paste and fry until the raw smell of garlic and ginger goes away.

Add the marinated mutton to the pan and sauté for a few minutes on a low flame then add ghee, curd and the water. Cover cooker

lid and check for the water vapour coming out. As soon as water vapour comes out, put the flame on low and use a cooker weight, then wait until the first whistle comes. Remove the cooker from flame.

### Rice

Take 1:4 ratio of rice and water in a pan, add salt, clove, cardamom and bring to the boil. Strain soaked rice and add to the boiling water. Leave the rice until it is nearly done. Strain the cooked rice and spread on a shallow container to avoid continuous cooking.

Open the cooker lid, check that the meat is cooked, (usually meat will be done by now) but if needed, leave for one more whistle.

Take a microwave compatible container, grease with ghee and spread on half of the meat and gravy, then spread half of the rice over it as a layer. Spread the remaining meat and gravy and again a layer of rice. On top of the second layer of rice sprinkle on the saffron soaked in milk and add lumps of butter in three to four spots. Cover the lid of the container and cook on high in the microwave for 5-7 minutes.

Add lemon juice before serving and mix the rice with a fork. Take care not to smash the rice. Now the layered mutton biryani is ready to serve.



## Veal or Beef Tenderloin Fillets with Saffron Cream & Spinach Pasta

Prep time	Cook time	Ready in	Serves
10 min	15 min	25 min	4

### Ingredients

saffron cream  
4 leeks (depending on size,  
keep some for decoration if  
you like)

1 tablespoon butter  
1 pinch of saffron  
200 ml double cream  
2 tablespoons lemon juice  
sea salt and pepper to taste

### Spinach pasta

500 g fresh spinach  
500 g fresh pasta of your  
choice

### Meat

600 g veal of beef filets  
1 tablespoon vegetable oil  
2 tablespoons butter  
salt and pepper

### Method

For the saffron cream, clean and trim the leeks and slice thinly. Saute the leeks in a pot with the butter for a few minutes and then add the cream and the saffron and cook until the leeks are tender. Season with lemon juice, salt and pepper.

To prepare the meat, melt the butter and oil in a pan and sear the filets on a high heat until browned on both sides. Turn down the heat and cook through until to your liking and then remove from the heat and leave to the side to rest.

Trim and clean the spinach to remove any dirt or grit. Boil the pasta until they are "al dente" and then strain. Add the oil and spinach leaves to the pasta and toss until the leaves have wilted, season with salt and pepper.

To assemble the dish, place the pasta and the saffron cream on a plate and top with the sliced filets. You can garnish with some thinly sliced raw leek. Parmesan shavings also work well with this dish.



## Vegetable Biryani

Prep time	Cook time	Ready in	Serves
15 min	45 min	60 min	4

### Ingredients

1 1/2 cups basmati rice  
3 tablespoons ghee

### Garam Masala

2 green cardamom pods  
2 mace strands  
2 cloves  
1 cinnamon stick  
2 bay leaves  
1 teaspoon caraway seeds  
1 1/2 onions, finely sliced  
1 green chilli  
2 tablespoons julienned ginger  
1 tablespoon chopped garlic  
1/4 teaspoon turmeric

### Vegetables

1 medium sized carrot  
1 cup chopped french beans  
1/2 cup fresh peas  
3 cups water  
2 tablespoons milk  
pinch of saffron

### Garnish

2 tablespoons cashew nuts  
1/2 cup mint leaves  
1/2 cup corriander  
1 tablespoon raisins  
1 cup cucumber  
salt to taste

### Method

Rinse the rice and then soak for 30 minutes.

Heat the ghee in a deep and wide pot and add all of the garam masala: cardamoms, mace, cloves, cinnamon, bay leaves, caraway seeds. Fry the garam masala until they crackle in the pan.

Add the onions and fry until golden brown and then add the green chilli, ginger and garlic and fry for 1 minute.

Add the turmeric powder, stir in then add the vegetables and the water, stir the mixture well.

Bring to the boil and then simmer until the vegetables are tender. Warm up the milk and add the saffron and allow the milk to cool. Drain the rice and add it to the vegetable mixture and cook until it is 3/4 done, add the milk with the saffron and carry on cooking until the rice is tender.

Serve hot with onion raita, onion-mint and cucumber salad or with any gravy dish. Garnish with nuts, mint leaves, corriander leaves and onions.



## Saffron Palada Pradaman (Payasam)

Prep time	Cook time	Ready in	Serves
30 min	45 min	60 min	25

### Ingredients

0.5 litre water  
200 g ada (pressed-rice rectangles) available in Indian shops  
3 litres milk  
800 g sugar  
5 nos (pieces) cardamom  
2 tablespoons ghee  
500 mg saffron  
50 g cashew nuts

### Method

Wash ada and soak it in boiled water for 30 minutes. Drain the water and keep it aside. Add 1 litre of milk and half a litre water to the ada and cook it until the ada becomes soft (15 to 20 min). Then add the remaining 2 liters of milk and sugar. Cook the ada on a low flame, stirring frequently until it reduces to 3 litres.

When the payasam thickens and turns a light rose colour, remove it from the flame, add powdered cardamom and ghee and then saffron.

Decorate with cashew nuts.



### Ingredients

6 leaves of gelatine (or 12 g)  
1 vanilla pod  
75 g sugar  
0.25 g saffron  
0.5 litre whipping cream  
300 g raspberries

### Decorations

red food colouring  
yellow food colouring  
fondant  
powdered sugar  
tapioca pearls  
Blue Curacao drink mixer  
grenadine drink mixer  
freeze dried raspberries

## Safran Panna Cotta

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Prep time	Cook time	Ready in	Serves
10 min	30 min	1 day (overnight)	4

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### Method

Soak 4 leaves of gelatine in cold water for 5 min. Split the vanilla pod and remove the seeds. Add the sugar, vanilla (both pod and seeds) and safran to the cream and bring it to the boil. Strain the mixture into a bowl.

Press the leaves of gelatine to remove the water and stir them into the cream until they dissolve.

For decoration you can add yellow and red food colouring to the panna cotta mix.

Pour the cream into containers with a desired shape (do not fill to the edge as the raspberry gel will be added on top) and cool in the fridge. Soak 2 leaves of gelatine in cold water. Boil the raspberries and strain to remove the seeds.

Squeeze the leaves of gelatine to remove the water and stir them into the juiced raspberries. Pour the juiced raspberries on top of the panna cotta and cool overnight in the fridge.

### Decoration

Color the fondant with yellow and red food colouring by kneading the color into the fondant. It might be necessary to add powdered sugar to maintain the texture/moisture level of the fondant. Role out the coloured fondant between two sheets of wax-paper and cut into shape using a scalpel.

Boil the tapioca pearls until they are transparent (do not add the pearls before the water boils). Poor the cooked pearls into a strainer and rinse with cold water. Split the pearls into two portions and soak one portion in blue Curacao drink mixer and the other portion in Grenadine drink mixer + red food color overnight in the fridge. Cut the pearls into the desired shape using a sharp knife.

Sprinkle the panna cotta with freeze dried raspberries.



## Orange–Pistachio Ice Cream

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Prep time	Cook time	Ready in	Serves
15 min	15 min	30 min	3

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### Ingredients

3 saffron threads  
1 liter vanilla ice cream  
about 1/4 cup coarsely chopped roasted, unsalted pistachios  
1/2 teaspoon ground cardamom  
1/3 cup orange flower water  
orange zest

### Method

Toast the saffron in a medium to large pan over a medium heat then remove and set aside.

Allow the ice cream to soften to the point where the ingredients (pistachios, saffron, cardamom and orange flower water) can be easily folded into it with a mixing spoon. Blend well.

Sprinkle orange zest on top of ice cream.

Place the mixture into the freezer for at least one hour before devouring.

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