



*Mad About Saffron*

# SAFFRON RICE serves 4-6

## ingredients

- 2 tablespoons olive oil
- 1/2 cup diced onion or shallot
- 1 package (15 threads) saffron
- 2 tablespoons hot water
- 3 1/2 cups water or broth
- 1 teaspoon salt
- 2 cups basmati rice



## method

1. Heat oil in heavy-bottomed 4 quart pot.
2. Add onions and cook over medium-low for 10-15 minutes until softened and light brown.
3. Meanwhile, steep saffron in 2 tablespoons hot water for 10 minutes.
4. Rinse rice in cool water until water runs clear.
5. Add rice, 3 1/2 cups water or broth, and saffron with steeping liquid to pot with onions. Heat to boiling, then turn heat to low, cover, and cook for 20 minutes or until all water is absorbed.

growing guide and more at [www.ForagedAndSown.com/saffron](http://www.ForagedAndSown.com/saffron)

Saffron are the cured stigma of the *crocus sativus* flower. The purple-petaled flower emerges from corms in the late fall. Each flower is hand-harvested on our Ohio farm. Then the stigma are dried, cured, and finally ready to flavor your recipes.

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