



# The Essential Saffron Companion

*By John Humphries*

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## The Essential Saffron Companion By John Humphries

Since olden times saffron has been used not only as a seasoning but as a medicinal plant, and its history features in many countries and cultures such as ancient Greece, Persia and Rome as well as England, primarily in Saffron Walden, Essex. This gift book tells the story of a most precious spice. The slender, dry crocus filaments add a rich colour, fragrance and flavour to food, qualities which have been much prized in the cuisines of many countries. Included are recipes ranging from the classic uses of saffron, in the aromatic golden rice of Paella Valenciana and the yellow brothed fish bouillabaisse of the Nice coast, to more modern dishes.

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