

X | DESCRIPTION

La Mancha Saffron, is a strand spice obtained by toasting the stigmas of the *Crocus Sativus*, L., whose uniqueness is due to its strong connection with environmental, human, cultural and historic factors of this geographical area.

The saffron under the aegis of this Protected Designation of Origin is the only spice of this nature which has, obtained, this national recognition of quality. The specific requirements for its production and marketing, as well as the physicochemical

and sensorial qualities which must be met, are included in a document, that is, the production specifications, which have been approved by the European Commission. All producers and packers in the commercial market must comply with these product specifications.

An independent and impartial control Agency carries out an annual verification of the compliance of the production specifications by the agents. This Control Agency is authorised by the competent

authority, and accredited by the ENAC (Spanish National Accreditation Agency) pursuant to the UNE-EN ISO/IEC 17065 Standard or standard which supersedes same.

The **La Mancha Saffron** is sold as strands only, and in packages which display the conformity marking owned by the Regulatory Council. This presentation constitutes a triple guarantee: maximum food safety, the highest threshold for the characteristics of colour, aroma and flavour; and is of Spanish origin.

X | IN THE HEART OF LA MANCHA

From the Mediterranean, saffron very likely arrived with Phoenicians, Greeks and Romans, but it was the Arabs who were mainly responsible for its expansion throughout the entire Iberian Peninsula. Nevertheless, the saffron adapted itself in a very particular manner to the soil and climatic conditions and sustainable human intervention of La Mancha, and is, much like 'El Quijote', an intrinsic part of its identity and culture.

For several centuries, La Mancha producers have implemented a simple technology, which in essence has remained unchanged until

the present day, wherein the family has a major presence in the sober tasks that the preparation of this precious spice requires. Just like that, **La Mancha Saffron** transcended its mere production, and became the driving force of social relationships through the ties of neighbourhood, cooperation and solidarity on which its exploitation has been built.

Famed for many centuries for its high quality, the **La Mancha Saffron** was praised by travellers, writers and other witnesses and vestiges of the past as "a noble seed and of great value". For example,

Alexandre Dumas in the nineteenth century referred to La Mancha as "the country of saffron, where one finds lakes of flowers making up the richness of the steppe, serving at the same time for its embellishment and decoration".

Ceremonies and symbols as regards **La Mancha Saffron** still survive in the villages, meeting ideological functions and social cohesion, which imbue an added value to the recognised quality of this very characteristic product.



Azafrán de La Mancha
Denominación de Origen Protegida



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The Regulatory Council Foundation of the Protected Designation of Origin La Mancha Saffron

The Regulatory Council Foundation of the Protected Designation of Origin La Mancha Saffron is, since 1999, the management authority of said PDO. It is a non-profit organisation, which is made up of the producers and packers of said spice, who have decided to meet the strict requirements of the specifications for the production and marketing of saffron. It is likewise the only organisation recognised by the Administration for the representation, defence and promotion of La Mancha Saffron.

The Foundation's functions are as follows:

- Upholding the good standing and reputation and the promotion of the Protected Designation of Origin La Mancha Saffron name. And reporting, where applicable and before the competent administrative bodies, any inappropriate usage thereof which breaches the prevailing legislation.
- Investigating the production and marketing systems of this spice, and disseminating its knowledge and implementation. Offering advice in this regard to operators which request same and the Administration.
- Reviewing the product specifications and proposing updates thereof to the Administration.
- Providing and disseminating information among the consumers as regards the unique physicochemical, sensory, nutritional and healthy characteristics of La Mancha Saffron. Likewise, the Foundation will promote knowledge as regards the history, the cultural and anthropological ties of this spice with its production area.

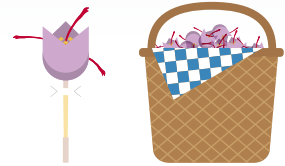
- Carrying out promotional activities.
- Preparing statistics as regards production, manufacturing and marketing, as well as any other information which may be requested; and submitting same to the corresponding agency within the Administration for its dissemination and general knowledge.
- Collaborating with the Administration by managing the records which contains information as regards the equipment and facilities of those producers and packers who wish to be included in the saffron marketplace. These producers and packers must be registered in the Register.
- Undertaking the financial management, including the mandatory fees that the Foundation's Board approves periodically for the financing of the Foundation.
- Collaborating with the competent authorities in keeping the official public records updated; as with the control agencies responsible for the verification of the product specifications, which are approved by the Administration at any given moment.



LA MANCHA SAFFRON ELABORATION

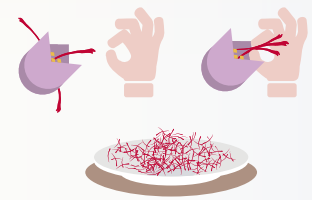
1° HARVESTING OF THE FLOWER

- Harvesting during the first hours of the day.
- Precise cutting which prevents the separation of stigmas.
- Flowers free from soil or other remains.
- Gentle treatment without stacking.
- Immediate transport for processing.



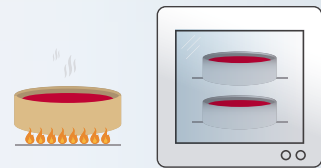
2° THE PRUNING AND EXTRACTION OF THE STIGMAS FROM THE SAFFRON FLOWER

- Clean flowers.
- Processed as quickly as possible on the same day (within the following 12 hours max).
- Stigmas tied with the small remaining style.
- Stigmas free from foreign bodies.



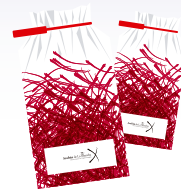
3° TOASTING

- Immediate.
- Neutral heat source, 60-80°C, duration compatible with the humidity level.
- Turning over when necessary.



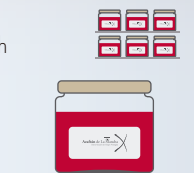
4° STORAGE

- When the toasted stigmas reach room temperature.
- In packaging suitable for contact with food.
- In a hermetically sealed package.
- In a cool place and separated from humidity and sunlight to the extent possible.



5° PACKAGING

- Only for saffron produced in the harvest campaign prior to that of its packaging.
- Only with saffron whose characteristics comply with the specifications of this PDO.
- In packaging with a net quantity not exceeding 100 g.
- Having a 3 year best-before date.



QUANTITIES AND USE RECOMMENDATIONS

Rice and similar dishes:

7 strands/person.

Preferably, follow **METHOD 2** and add the infusion immediately after the rice or with the cooking stock.

Marinades, legumes, meat or fish stews, sauces, purées, creams, sautéed sauce bases, scrambled eggs, omelettes and batters:

10 strands/recipe for 4 persons.

Preferably, follow **METHOD 1**. Add the strands to the liquid part of the recipe to blend or emulsify all ingredients together in batters, creams, purées and sauces. This is added to the sautéed sauce base at the end, when it is cooked, and will ensure in this fashion that the saffron is not fried or burnt. In scrambled eggs and omelettes, add the spice directly into the raw egg prior to beating. Add the saffron threads to the marinade or marinate liquid. In vegetable, meat or fish stews one can add the La Mancha Saffron at the beginning of the cooking or in the last 3 minutes should more aroma be required.

Sweets (ice cream, chocolates, sponge cake, muffin and ensaimada batters, creams for icing, frosting or icing, fillings and custards):

From 12 strands according to recipe.

Preferably, follow **METHOD 1**. The strands are added at the beginning together with the liquid part of the recipe. For custards or creams it is recommended to add the strands to the milk or cream so as to bring to a boil both ingredients.

METHOD 3 is intended for more professional use. It can be used for any of the above dishes, following the recipe.

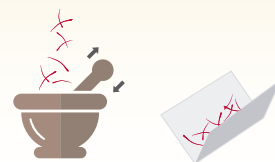
HOW TO PROPERLY USE LA MANCHA SAFFRON

CAREFUL, NEVER HEAT OR TOAST THE STRANDS

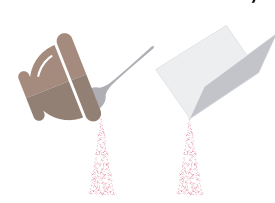
METHOD 1

CRUSH THE STRANDS

1° Crush the strands using a mortar or with one's hand, with the help of a non-stick paper.



2° Add same directly



METHOD 2

CRUSH + INFUSE STRANDS

1° Crush the strands using a mortar or with one's hand, with the help of a non-stick paper.



2° Add hot water.



3° Set aside until use.



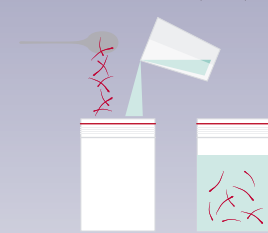
4° Add the infusion.



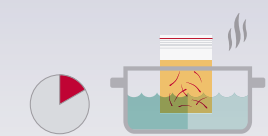
METHOD 3

INFUSE WHOLE STRANDS

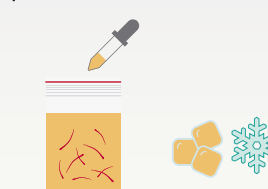
1° Add the strands into a vacuum or an air-tight bag, add the water and place into a bain-marie (65°).



2° Leave in the bain-marie for 4 or 5 hours.



3° Add the amount required following the recipe. Store the remainder in the refrigerator (up to 20 days approx.), or freeze in portions to use as needed.



4° Add the infusion or the frozen portion.



METHOD 1 METHOD 2 METHOD 3

