

# ***FIGS!***

## ***GLORIOUS FIGS!***



### **Figs Wrapped in Bacon**

- 6 thin slices bacon
- 3 oz. Goat cheese
- 1 Tbs fresh rosemary, chopped
- 12 small ripe figs

Partially cook bacon in microwave for about 3 minutes. Blot with paper towels, and cut in half. Mix goat cheese and rosemary. Slice figs in half lengthwise. Place 1/2 teaspoon goat cheese mixture between fig halves, and wrap with bacon. Secure with toothpicks. Grill, watching carefully so bacon doesn't flame up, until bacon is crispy.



### **Fig and Peanut Salad**

- 12 ripe black, brown, or green figs
- 1 shallot, finely chopped
- 1 scallion, chopped
- 8 mint sprigs, (4 finely chopped and 4 left whole)
- 1 Tbs raspberry vinegar
- 1/2 C peanut oil
- Kosher salt and freshly ground black pepper to taste
- 1 bunch Arugula, trimmed, washed, and dried
- 1 head Bibb lettuce, cored, washed and dried
- 3/4 C raw peanuts, toasted (may use any commercial unsalted peanuts)

Cut off fig stems and discard. Slice each fig crosswise into 4 or 5 slices and set aside. For vinaigrette, combine shallot, scallion, chopped mint, and vinegar in a small bowl. Whisk in peanut oil, and season with salt and pepper. In a large bowl, toss Arugula and Bibb lettuce with vinaigrette. Arrange on plates, and top with figs and peanuts. Garnish with whole mint sprig.



### **Figs with Country Ham and Lime Vinaigrette**

- 4 Large ripe figs
- 4 very thin slices country ham or baked ham

Cut each fig into 6 wedges, slicing through the flower end into, but not through, the stem end. Open out like the petals of a flower. Fold each ham slice in half to resemble a triangle. Holding one corner, gather or bunch the ham together in a spiral pattern. When rolled, open up the edges and separate slightly to form a rose pattern. Place the ham flower in the center of each sliced fig. Drizzle Lime Vinaigrette over figs, or serve on the side.

#### **Lime Vinaigrette**

- 1/4 C Fresh lime juice
- 2 teas Balsamic vinegar
- 1 teas Dijon mustard
- 1 Shallot, minced
- 1 teas Lime zest
- 1/2 teas Sugar
- 1/2 C peanut oil
- 1 Tbs fresh chives, chopped
- Salt and freshly ground black pepper to taste

In a small bowl, whisk together lime juice, balsamic vinegar, Dijon mustard, shallot, lime zest, and sugar. Add peanut oil in a slow stream, whisking constantly to form an emulsion. Add chives. Adjust seasoning with salt and pepper.

### **Easy Fig Preserves**

Use 2 cups figs to one cup sugar. Put in a large Dutch oven, and let soak for about 8 hours. Cook over medium heat, stirring often to keep from sticking, for about 1 to 1 1/2 hours or until thick syrup forms. Remove from heat, and let sit for a few minutes. Skim off foam with a metal spoon. Spoon into hot sterilized jars, and seal.

### **Blue Cheese Stuffed Figs**

- 20 Fresh figs
- 1 (12 oz.) carton soft cream cheese
- 4 oz. Blue or Gorgonzola cheese
- 20 Pecan halves

Snip stems from figs. Snip deep crosses into each fig. In a food processor, combine cream cheese and Blue cheese. Using a pastry tube or wet spoon, fill the center of each fig with cheese mixture. Stand one pecan half on end in the center of each. Chill and serve cold.

### **Fig Chutney**

- 4 C whole dried figs
- 1 Lemon, unpeeled, seeded, in small pieces
- 1/4 teas Ground ginger
- 1/4 teas Ground allspice
- 1/4 teas Cinnamon
- 1/4 teas Ground cloves
- 1/3 C sugar
- 1 1/2 C water

In a large saucepan, combine all ingredients. Bring to a boil over medium heat, stirring occasionally. Reduce heat. Simmer for 40-60 minutes or until figs are soft and well-blended. Cool. May be served with meats or poultry or used as a dip with toasted bread rounds. Makes 1 1/2 to 2 cups.





## Mediterranean Fig Kebabs on Mixed Greens

### Fig Kebabs

- 1 cup Figs
- 1/4 medium eggplant
- 1/2 medium red onion
- 1 medium red bell pepper

### Sherry Marinade

- 1/2 cup dry sherry
- 1/4 cup water
- 1 tablespoon orange juice concentrate
- 1 tablespoon soy sauce
- 2 cloves garlic, finely chopped

### Citrus Dressing

- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 teaspoons orange juice concentrate
- 1 teaspoon dried thyme leaves

Trim stems off figs. Combine figs with marinade ingredients in a small saucepan. Cover and bring to boil. Reduce heat and simmer for 1 minute. Remove from heat and cool for 15 minutes. Meanwhile, slice eggplant into thin wedges, about 1/4-inch thick. Cut pepper and onion into 1 1/2 -inch squares. Remove figs with slotted spoon, reserving marinade and 2 figs. For kebabs, alternate eggplant, onion, pepper and figs on skewers. Set aside and prepare dressing. Dice the 2 reserved figs and combine with 1/4 cup reserved marinade; add to Citrus Dressing. Grill or broil kebabs 5 inches from heat source, brushing with remaining marinade and turning every 3 minutes. Grill for 6 to 10 minutes or until eggplant is soft. Toss 8 cups lettuce with remaining dressing; place on 4 plates. Sprinkle with 2 oz. feta cheese and 1/4 cup pine nuts then top with kebabs.



## Fig Ice Cream

- 1 1/2 Quarts peeled mashed figs
- 2 Tbs Lemon juice
- 1 3/4 C sugar
- 2 Eggs, beaten
- 2 C whole milk
- 2 C heavy cream, whipped slightly

Combine figs, lemon juice and 1 cup sugar. Let stand until sugar is dissolved. Add remaining 3/4 cup sugar to eggs and heat slowly and continuously while adding milk until thick and creamy. Combine fig mixture with milk mixture and fold in the slightly whipped cream. Freeze in 4 quart ice cream freezer. Makes 3 to 4 quarts

## Spinach Salad with Pecans, Pears, Figs and Blue Cheese

### Dressing

- 1 1/2 tablespoons fresh lemon juice
- 2 teaspoons soy sauce
- 1/2 teaspoon sugar
- 1/4 cup light olive oil

### Salad

- 6 ounces baby spinach leaves
- 2 fresh, ripe green or red USA pears, cored and chopped
- 1 cup Figs, stems removed, quartered
- 2/3 cup Georgia pecan halves, toasted
- 3 ounces blue cheese, crumbled

For dressing, combine lemon juice, soy sauce and sugar; whisk in oil until blended. To serve salad, combine spinach, pears, figs, and pecan halves. Drizzle with dressing and toss. Top with blue cheese and serve.



## Fig and Goat Cheese Pizza

1 tablespoon each butter and olive oil  
 3 large onions (1 1/2 lbs.), thinly sliced  
 1 tablespoon balsamic or red wine vinegar  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1 cup thinly sliced Figs, stems trimmed  
 1 tablespoon chopped fresh thyme or 1 teaspoon dried  
 1 12-inch Italian bread shell pizza crust  
 2/3 cup (3 1/2 oz.) crumbled mild goat cheese

Heat oven to 450°. In large deep skillet or Dutch oven, melt butter in oil over medium heat. Stir in onions, vinegar, salt and pepper; cook, stirring occasionally, until softened and golden brown, 25-30 minutes. Stir in figs and thyme; remove from heat. (Onion-fig mixture can be made ahead and refrigerated.) Spread onion-fig mixture evenly over pizza crust and top with cheese. Bake until crust is crisp and cheese has softened, 8-10 minutes.

## Mediterranean Fig-Olive Picnic Sandwich

### Filling

8 ounces (1 pkg.) Figs, stems removed  
 1/2 cup thinly sliced red bell pepper  
 1/3 cup pitted and chopped Kalamata olives  
 1/3 cup thinly sliced red onion  
 1/3 cup olive oil  
 1/4 cup thinly sliced fresh basil (1 1/2 teaspoons dry basil)  
 1/4 cup fresh lemon juice  
 2 tablespoons each water and drained capers  
 Salt and pepper to taste

### Sandwich

1 round (24 oz.) sourdough, French or Italian bread, unsliced  
 1 pound assorted sliced deli meats and cheeses (turkey, ham, provolone)

Thinly slice figs. Combine with remaining filling ingredients; set aside. Cutting horizontally, remove top third of loaf. Hollow out bottom portion of loaf, leaving a 1-inch shell. Pack filling into bottom of loaf, reserving about 3 tablespoons of liquid. Brush liquid on cut side of top. Layer sliced meats over filling. Replace top of bread loaf. Wrap in airtight plastic bag. Place loaf upside down in refrigerator. Weight with 5-pounds (e.g. bag

of sugar) and refrigerate for 3 to 12 hours. To serve, turn up-right and cut into wedges.



## Moroccan Spiced Meatballs & Figs

1 pound lean ground beef  
 1 package (8 oz.) Figs, finely chopped  
 1/3 cup finely chopped onion  
 1/3 cup soft bread crumbs  
 2 teaspoons each minced garlic, ground coriander and ground cumin, divided  
 1/2 teaspoon salt  
 1 cup ketchup  
 1/4 cup each dry red wine and water  
 1/4 teaspoon each ground cinnamon and cayenne

Heat oven to 400°F. In large bowl, combine beef, figs, onion, bread crumbs, 1 teaspoon each of garlic, coriander and cumin and the 1/2 teaspoon salt. Mix well to blend. Form into meatballs about 1 inch in diameter and place in single layer on greased baking pan. Bake, shaking pan once or twice, until meatballs are browned and cooked through, 10 to 12 minutes. Meanwhile, in large saucepan, combine ketchup, remaining 1 teaspoon each of garlic, coriander, and cumin; add wine, water, cinnamon, and cayenne. Cook over medium heat until heated through, 2 to 3 minutes. Gently stir in meatballs. Makes about 5 dozen meatballs



## **Cream Cheese, Dried Fig, and Walnut Spread**

6 large dried figs, stems trimmed, quartered  
8 ounces cream cheese, at room temperature  
1/4 cup chopped walnuts  
1/2 teaspoon kosher salt  
2 tablespoons thinly sliced green scallion tops, optional

Finely chop the figs in a food processor. Add the cream cheese and process until combined. Add the walnuts and salt; pulse just to blend. Scrape into a bowl. Add the scallions, if desired. Serve the spread on crisped endive leaves, celery boats, crackers, apple or pear slices, or toast, or use it as a sandwich spread. Cream Cheese, Dried Fig, and Walnut Spread with Smoked Salmon: Add 1/4 cup diced smoked salmon (about 2 ounces) to the food processor along with the walnuts and salt.



# Enjoy!

## **Fig Crostini**

8 ounces figs, stems trimmed  
1 loaf baguette-style French bread  
1/4 cup Dijon mustard or herb and garlic-flavored cream cheese  
1/2 lb. thinly sliced ham, smoked turkey or prosciutto  
1/2 lb. thinly sliced Swiss, Jack or Cheddar cheese

In saucepan, cover figs with water and bring to boil. Remove from heat, let stand 30 minutes; drain. Cut baguette into 12 slices. Place in single layer on baking sheet. Bake at 375° for 10 minutes or until crisp. Spread each slice with mustard or flavored cream cheese. Top with ham, turkey or prosciutto. Slice figs and place fan-style over meat; top with cheese. Place on baking sheet. Broil 4 inches from heat for 2 to 3 minutes or until cheese melts.

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# From Judi Godsey

