

Figs

Good source of Fiber



Fig Pancetta Pasta

- 1 (16 oz.) package linguine or fettuccine
- 5 oz. thinly sliced pancetta, chopped (about 1 cup)
- 2 green onions, minced
- 1 garlic cloves, minced
- $\frac{3}{4}$ cup heavy cream
- $\frac{1}{2}$ cup freshly grated Parmesan cheese
- 12 fresh figs, quartered,
- $\frac{1}{3}$ cup torn basil leaves

Cook pasta in boiling salted water according to package directions; drain, reserving 1 cup hot pasta water. Sauté pancetta, green onions, and garlic in a large skillet over medium heat 6-7 minutes or until pancetta is golden and green onions are tender. Add cream, cheese, and hot cooked pasta; cook, stirring constantly, 2-3 minutes or until cheese is melted. Stir in $\frac{3}{4}$ to 1 cup reserved pasta water until creamy. Season with salt and pepper to taste. Transfer to a serving dish. Sprinkle with figs and basil. Serve immediate. Makes 6 servings.

Marinated Fig Salad

- $\frac{1}{4}$ cup extra virgin olive oil
- 3 T. balsamic vinegar
- 1 T. honey
- 1 tsp. coarse-grained Dijon mustard
- 16 fresh figs, halved
- 1 (8 oz.) package fresh mozzarella cheese slices
- 4 oz. thinly sliced prosciutto, torn into strips
- 2 cups loosely package arugula or spinach

Whisk together first 4 ingredients and salt and pepper to taste in a medium bowl. Stir in figs; let stand 30 minutes. Arrange mozzarella and ham on 4 salad plates or a large platter. Spoon fig mixture over cheese and ham. Sprinkle with arugula or spinach and season with salt and pepper to taste. Makes 4 servings.

Figs with Bacon and Chili

- 5 ounces slab bacon, sliced $\frac{1}{2}$ " thick, then sliced crosswise into $\frac{1}{2}$ " pieces
- 3 T. pure maple syrup
- 8 ripe fresh figs, halved lengthwise
- 2 T. sherry vinegar or red wine vinegar
- $\frac{1}{2}$ tsp. crushed red pepper flakes, finely chopped

Cook bacon pieces in a large nonstick skillet over medium-low, stirring often, until brown and crisp, 8-10 minutes. Using a slotted spoon, transfer bacon to a small bowl. Pour off all but 2 Tbsp. fat from skillet; save for another use. Add maple syrup to skillet, swirling to combine, and heat over medium-high. Arrange figs in skillet in a single layer, cut side down. Cook, swirling liquid occasionally, until figs are slightly softened and caramelized, about 5 minutes. Arrange figs cut side up on a platter and press pieces of bacon onto the surface of each fig. Set the skillet over medium heat, add vinegar, and stir into juices. Bring to a simmer and cook, stirring constantly, until syrupy, about 1 minute. Drizzle syrup over figs, then sprinkle with red pepper. Makes 8 servings.

Fig Focaccia

1 medium-size red onion
3 T. olive oil, divided
Kosher salt and pepper, to taste
Plain cornmeal

1 lb. bakery pizza dough
8 fresh figs, halved
1 T. fresh rosemary leaves

Preheat grill to 350 to 400F (medium-high heat). Cut onion into $\frac{3}{4}$ - to 1" slices. Brush onion slices with 1 T. olive oil, and season with salt and pepper to taste. Grill onion slices, without grill lid, 3 to 4 minutes on each side or until tender and lightly charred. Preheat oven to 425F. Lightly dust work surface with cornmeal. Stretch dough onto a 10- to 12-inch oval on work surface. Place dough, cornmeal side down, on a greased baking sheet; drizzle with remaining 2 T. olive oil. Rub oil into dough. Arrange fig halves and grilled onion over dough, pressing lightly. Sprinkle with rosemary and salt and pepper to taste. Bake at 425F on lowest oven rack 15-20 minutes or until golden.

Rosemary Flank Steak with Fig Salsa

1 T. chopped fresh rosemary
2 garlic cloves, minced
 $\frac{3}{4}$ tsp. kosher salt
 $\frac{1}{2}$ tsp. ground pepper
3 T. olive oil, divided
1 (1 $\frac{1}{4}$ pound) flank steak

3 cups chopped fresh figs
1 green onion, minced
2 T. chopped fresh parsley
2 T. Seasoned rice wine vinegar
3 oz. Gorgonzola cheese, crumbled

Stir together first 4 ingredients and 1 T. olive oil. Rub onto steak; cover and chill 30 minutes to 4 hours. Preheat grill to 400 to 340F heat. Toss together figs, next 4 ingredients and remaining 2 T. oil. Add salt and pepper to taste. Grill steak, covered with grill lid, 5 minutes on each side or to desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across the grain into thin strips, and arrange on a serving platter. Spoon fig salsa over steak, and sprinkle with Gorgonzola. Makes 6 servings.

Figs Stuffed with Almonds and Chips

6 fresh figs
2 tablespoons mini semi-sweet chocolate chips
 $\frac{1}{4}$ cup blanched slivered almonds, coarsely chopped
2 tablespoons orange juice

Preheat your oven to 350°F. Cut each fig in half. (If you cannot find fresh figs and would like to use dried figs, cut a little opening in the top of the fig and make a pocket for the stuffing.) In a small mixing bowl, combine chocolate chips, almonds, and orange juice. Spoon about 2 teaspoons of the stuffing mixture into each fig half. Bake on a cookie sheet for 5-10 minutes--depending on size of figs. Makes 6 servings.

Fig Toasts

6 T. mascarpone cheese
1 T. sweet Marsala wine
1 $\frac{1}{2}$ tsp. plus 1 Tbs. sugar
 $\frac{1}{4}$ tsp. ground cinnamon

6 slices coarse country bread, each 5 by 3 inches
Unsalted butter at room temperature
6 ripe figs, sliced

Preheat a broiler. In a small bowl, stir together the mascarpone, Marsala and the 1 $\frac{1}{2}$ tsp. sugar. In another small bowl, stir together the 1 Tbs. sugar and the cinnamon. Place the bread slices on a small baking sheet. Broil until nicely toasted on the top. Remove the bread from the broiler and turn the slices over. Spread each slice with butter, then sprinkle with $\frac{1}{2}$ tsp. of the cinnamon sugar, dividing it evenly. Return to the broiler and broil until beginning to brown. Remove from the broiler. Spread about 1 T. of the mascarpone mixture over each toast. Top with the fig slices, arrange on a platter and serve immediately. Serves 6.