



DELIGHT IN THE TASTE OF FIGS



Fig & Bacon Cheddar Bites

- 1 cup shredded sharp cheddar cheese
- 2 oz. (1/4 cup) cream cheese, softened
- 1/2 cup stemmed, chopped (1/4-inch) Blue Ribbon Orchard Choice or Sun-Maid Figs
- 1/3 cup thinly sliced green onions
- 2 tablespoons dry sherry
- 2/3 cup cooked, chopped bacon
- 20 thin slices (cut diagonally) baguette

In small bowl, stir together cheddar and cream cheeses. Stir in figs, green onions and sherry. Can be prepared a day ahead and stored in a covered container in the refrigerator. To serve, preheat oven to 375° F. Place baguette slices on large baking sheet. Place in oven for 4 to 5 minutes or until lightly toasted. Spread fig mixture on baguette slices. Top with bacon. Return to oven for 4 to 5 minutes or until cheese melts. Makes 20 appetizers.

Lemon-Fig Bread with Almond Streusel

- | | |
|---|------------------------------------|
| 1 1/2 cups stemmed, chopped
Blue Ribbon Orchard Choice
or Sun-Maid Figs | 2 cups all purpose flour |
| 6 tablespoons unsalted butter,
melted and cooled | 1 cup granulated sugar |
| 1 large egg | 1 teaspoon baking powder |
| 1 tablespoon finely grated
lemon zest | 1/2 teaspoon baking soda |
| | 1/2 teaspoon salt |
| | Almond Streusel, recipe
follows |



Grease 9-x-5-inch loaf pan. Place figs in medium bowl. Cover with *1 cup boiling water*; let sit 30 minutes. Drain figs, reserving liquid. Return liquid to bowl; whisk in melted butter, egg and lemon zest. In separate bowl whisk flour, sugar, baking powder, soda and salt. Stir liquids into dry ingredients. Stir in figs. Scrape batter into prepared pan. Sprinkle streusel over top. Bake at 350°F for 50 minutes or until pick inserted in center comes out with a few crumbs. Cool 10 minutes in pan. Remove bread from pan to wire rack to cool.

Makes 1 loaf.

Almond Streusel:

Combine 1/3 cup chopped *almonds*, 1/3 cup *all purpose flour* and 3 tablespoons packed *brown sugar*. Stir in 3 tablespoons melted *butter*.

Fig and Feta Salad with Lemon Vinaigrette



- 6 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 1 teaspoon minced garlic
- 1/4 teaspoon freshly ground black pepper
- 10 oz. mixed baby lettuces
- 1 cup thinly sliced red onion
- 24 Blue Ribbon Orchard Choice or Sun-Maid Figs, stemmed and quartered
- 1 cup (4 oz.) crumbled feta cheese (Mediterranean flavor or plain)
- 2/3 cup halved, pitted Kalamata olives
- Chopped fresh basil, as desired

For dressing, whisk olive oil, lemon juice, honey, garlic and black pepper in small bowl to blend. Set aside. In large bowl, combine lettuce and onion; toss gently. Add figs, cheese and olives. Add dressing and toss gently. Garnish with basil.

Makes 12 servings.

Fig and Blue Cheese-Stuffed Pork Loin

- 1 (2 1/2 lb.) trimmed boneless center-cut pork loin
- 1 cup stemmed, finely chopped Blue Ribbon Orchard Choice or Sun-Maid Figs
- 1 cup (4 oz.) crumbled blue cheese
- 1/2 cup chopped, toasted walnuts
- 1/4 cup thinly sliced green onion

Herb Rub:

- 1 1/2 tablespoons vegetable oil
- 1 1/2 tablespoons Italian Herb Seasoning
- 1 1/2 teaspoons brown sugar
- 3/4 teaspoon garlic salt
- 3/4 teaspoon lemon pepper or ground black pepper

To butterfly loin, make a lengthwise slice down center, cutting about 2/3 way through. Open loin. Without cutting through meat, make another lengthwise slice on each half. Press meat flat. Cover with plastic wrap and pound to even 1/2-inch thickness. Mix figs, cheese, walnuts and green onion; set aside. Mix Rub ingredients. Spread 1 tablespoon Rub on top surface of pork. Firmly pat fig mixture over Rub on pork, leaving a 1/2-inch border at edges. Roll up loin, starting at long side; secure at 2-inch intervals with kitchen twine. Place seam side down on oiled pan. Spread remaining Rub on meat. Roast pork at 375°F for 45 to 60 minutes, until thermometer registers 145°F. Let pork stand 10 minutes before slicing. Makes 6 to 8 servings.





Caramelized Onion, Fig, Bacon & Cheese Pizza

- | | |
|---|---|
| 2 tablespoons olive oil | 1 tablespoon balsamic or red wine vinegar |
| 1 1/2 pounds yellow onions, thinly sliced | 1 tablespoon dried oregano leaves |
| 1/2 teaspoon salt | 1 package (11 oz.) refrigerated dough for pizza crust |
| 1/2 teaspoon ground black pepper | 1 cup (4 oz.) crumbled goat cheese |
| 1 cup stemmed, sliced Blue Ribbon Orchard Choice or Sun-Maid Figs | 2/3 cup cooked, chopped bacon |

Heat oil in large skillet over medium-low heat. Add onions, salt and pepper; cover cook 5 minutes, stirring occasionally. Remove cover and cook, stirring often, until golden brown, about 25 minutes. Add figs, vinegar, 2 tablespoons *water* and oregano; cook and stir 1 minute or until most of liquid evaporates. Preheat oven to 400°F. Unroll pizza dough onto oiled 15-x-10-inch or larger baking sheet (or unroll dough onto oiled large pizza pan and pat to 14-inch circle). Spread fig mixture evenly over dough. Sprinkle with cheese and bacon. Bake 15 to 18 minutes, until crust is golden. Cut into rectangles or wedges to serve.

Makes 1 pizza (12 slices).

Chicken Cutlets with Citrus-Fig Sauce

- | | |
|---|--|
| 1 pound fresh chicken breast cutlets | 1/2 teaspoon finely grated lime zest |
| Salt and ground black pepper, to taste | 1 cup orange sections (2 large oranges), peeled and all membrane removed |
| 1 tablespoon plus 2 teaspoons olive or vegetable oil, divided use | 2 to 3 tablespoons finely chopped crystallized ginger |
| 1 cup thinly sliced red onion | 2 tablespoons chopped fresh parsley |
| 1 cup Blue Ribbon Orchard Choice or Sun-Maid Figs, stemmed and halved | 1 tablespoon fresh lime juice |
| | 2 teaspoons honey |



Season chicken cutlets on both sides with salt and pepper. Heat 1 tablespoon oil in large skillet over medium to medium-high heat. Add chicken; cook 2 to 4 minutes on each side, till browned and cooked through. Remove from heat to warm serving platter. Heat remaining 2 teaspoons oil in same skillet over medium heat. Add onion; stir about 1 minute to soften. Add figs, 1/3 cup *water* and zest; cook and stir 2 to 3 minutes, until liquid evaporates. Remove from heat; stir in orange sections, ginger, parsley, lime juice and honey. Serve over chicken. Makes 4 servings.



Fig Lollipops

- 12 large Blue Ribbon Orchard Choice or Sun-Maid Figs
- 3/4 cup (about 4 oz.) semisweet chocolate, milk chocolate or white morsels
- 12 4-inch bamboo skewers
- 2 oranges or grapefruits

Decoration: Sea salt, kosher salt, finely chopped toasted nuts and/or colored sugar sprinkles

With scissors or sharp knife, cut off fig stems and discard. Flatten each fig with palm of hand. Place one fig on each skewer to look like a lollipop. Place oranges in small bowls to hold lollipops while chocolate cools. Microwave morsels in microwave-safe bowl on MEDIUM (50%) power for 1 to 2 minutes, stirring every 30 seconds, until melted and smooth. Dip skewered figs, partially or completely, into melted chocolate. Sprinkle each with a pinch of salt, finely chopped nuts or sugar sprinkles, as desired. Poke skewers in oranges. Chill until set. Makes 12 fig lollipops.

www.valleyfig.com



Roasted Salmon with Caramelized Onions, Figs and Red Wine

2 tablespoons olive oil	1 tablespoon balsamic vinegar
1 pound yellow onions, thinly sliced	1 tablespoon chopped fresh rosemary
Salt	Freshly ground black pepper
1 cup Blue Ribbon Orchard Choice or Sun-Maid Figs, stemmed and halved	1 to 1 1/3 pounds salmon filet, skinned and cut into 4 portions
1/2 cup red or white wine	Chopped parsley
1/2 cup chicken broth	

Swirl olive oil in bottom of medium nonstick skillet. Add onions and sprinkle with 1/2 tsp salt. Cover and cook over medium-low heat, stirring occasionally, until onions are soft, about 10 minutes. Remove cover and cook, stirring often, until onions are golden, 15 to 20 minutes. Stir in figs, wine, broth, vinegar and fresh rosemary. Increase heat to high and simmer until sauce thickens, about 5 minutes. Add salt and pepper to taste. Keep warm. Preheat oven to 450°F. Sprinkle salmon with salt and pepper to taste. Place on lightly oiled heavy baking sheet. Roast for 7 to 10 minutes or until fish flakes. Sprinkle salmon with parsley. Serve with fig sauce.

Serves 4.

Chocolate Ganache Tart with Glazed Figs & Nuts

- | | |
|---|--|
| 1 refrigerated piecrust [1/2 (15oz.) pkg.], room temperature | 2 tablespoons almond-flavor liqueur |
| 1 cup Blue Ribbon Orchard Choice or Sun-Maid Figs, stemmed and halved | 1/2 cup whipping cream |
| 2/3 cup water | 6 oz. bittersweet chocolate, finely chopped |
| 1/3 cup packed brown sugar | 1 cup unsalted or lightly salted mixed nuts (omit peanuts) |



Unroll crust and press into bottom and up side of 10-inch tart pan with removable bottom. Prick with fork. Bake at 450°F until light brown, 9 to 11 minutes. Cool on rack. In small saucepan, combine figs and water. Bring to a boil over high heat, then reduce heat and simmer until liquid is reduced to 1/4 cup, about 2 minutes. Stir in brown sugar and simmer, stirring, 1 minute. Remove from heat. Stir in liqueur. Let steep 10 minutes. Strain figs through sieve, reserving syrup. While figs cool, in small saucepan, bring cream to a simmer over medium heat. Remove from heat, add chocolate and stir until smooth. Spread over crust. Chill 5 minutes or until chocolate begins to firm up. Alternate fig slices and nuts in concentric circles on tart, pressing slightly into chocolate. Chill. To serve, brush figs and nuts with reserved syrup and cut into wedges. Makes 8 to 10 servings.



Chewy Ginger Molasses Fig Cookies

- 2/3 cup packed light brown sugar
- 1/2 cup vegetable oil
- 1 large egg white
- 3 tablespoons light molasses
- 1 1/2 cups all purpose flour
- 1 1/2 teaspoons ground ginger
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1 cup stemmed, finely chopped (1/3-inch) Blue Ribbon Orchard Choice or Sun-Maid Figs
- 1/3 cup granulated sugar

Adjust oven rack to middle position and heat oven to 350°F. Beat brown sugar and oil in large bowl with electric mixer on medium speed until blended. Beat in egg white and molasses. In separate bowl combine flour, ginger, soda, cinnamon and salt. On low speed, slowly beat in flour mixture until combined. With spoon, stir in figs. Shape 1-tablespoon portions of dough into balls. Roll in granulated sugar. Place 2 1/2-inches apart on ungreased cookie sheet. Place sheet in center of oven and bake cookies 7 to 9 minutes, until crackled on top and set around edges. Cool on wire rack.

Makes about 30 cookies.

Dark Chocolate Bark with Figs & Nuts

8 oz. bittersweet (not unsweetened) or semisweet chocolate baking bar, broken into small pieces

1/2 cup stemmed, chopped (1/3-inch) Blue Ribbon Orchard Choice or Sun-Maid Figs

1/2 cup chopped (1/3-inch) salted or lightly-salted mixed nuts or other toasted nuts

2 oz. white chocolate, broken into small pieces



Melt bittersweet chocolate as package directs. Stir figs and nuts into melted chocolate. Spread on foil-lined baking sheet to thickness of about 1/4-inch. Chill until firm, about 30 minutes. For white chocolate drizzle, melt white chocolate as package directs. Scrape into small plastic bag; seal bag. Snip tiny hole in corner of bag. Squeeze bag to drizzle chocolate over bark. (Or dip teaspoon in chocolate and drizzle over bark.) Chill 30 minutes or until firm. Peel bark off foil and break into irregular 1 1/2- to 2-inch pieces. Store in airtight container at room temperature. Makes 24 to 28 pieces.

Fig Almond Bark:

Omit mixed nuts and white chocolate. Increase chopped figs to 1 cup. Melt bittersweet chocolate as directed above and stir in figs. Spread on foil as directed. Immediately sprinkle 1/2 cup *toasted sliced almonds* over chocolate. Press almonds into warm chocolate with back of spoon to secure. Chill and break into pieces as directed.

Fig, Lemon & Honey Cheesecake (See Cover Photo)

Graham Cracker Crust:

1 cup graham cracker crumbs
2 tablespoons granulated
sugar
3 tablespoons butter, melted
1 cup stemmed, chopped
Blue Ribbon Orchard
Choice or Sun-Maid
Mission Figs

Cheesecake:

1 1/2 pounds cream cheese,
softened
3/4 cup granulated sugar
1/4 cup sour cream
2 teaspoons grated lemon
zest
1 1/2 teaspoons vanilla
extract
3 large eggs

Fig, Lemon & Honey Sauce:

1/2 cup water
1/2 cup honey
1/3 cup fresh lemon juice
1 1/2 teaspoons cornstarch
mixed with 1 tablespoon
water
1 cup stemmed, sliced Blue
Ribbon Orchard Choice or
Sun-Maid Calimyrna Figs

Mix graham cracker crumbs and sugar; stir in butter. Press into bottom of buttered 9-inch springform pan. Bake at 325°F 8 minutes, or till golden. Remove from oven and sprinkle with figs. Beat cream cheese with electric mixer until smooth. Gradually beat in sugar, sour cream, zest and vanilla. Beat in eggs. Scrape filling into pan over figs. Bake 45 to 55 minutes, until almost set in center. Cool. Chill 4 hours or overnight. For sauce, combine water, honey and lemon juice in small saucepan. Stir over medium heat until mixture comes to a simmer. Add cornstarch solution and stir for a few seconds, until slightly thickened. Remove from heat and stir in figs. Cool. To serve, cut cheesecake into wedges and top with sauce.

Makes 10 to 12 servings.



German Chocolate Cake with Fig, Coconut and Toasted Pecan Frosting

Cake:

1 package (18 1/4-oz.)
German Chocolate
Cake Mix
Water (check package label
for amount)
3 large eggs
Vegetable oil
(check package label for amount)

Fig-Coconut Frosting:

1 cup stemmed, chopped
Blue Ribbon Orchard Choice
or Sun-Maid Figs
1 cup packed light brown sugar
1/2 cup butter
6 tablespoons whipping cream
1 cup flaked coconut
1/2 cup chopped, toasted
pecans

Follow package directions to heat oven, grease two 8-inch round cake pans and prepare cake batter with water, eggs and oil. Bake and cool as directed. For frosting, in medium saucepan combine figs, sugar, butter and cream. Stir over medium heat until mixture comes to a simmer. Simmer 1 minute, stirring constantly. Stir in coconut and pecans. Spread warm frosting on top of cake layers, dividing evenly. Place one layer at a time on a baking sheet or heatproof pan. Broil 4 to 5 inches from heat for 15 to 30 seconds, or until frosting bubbles, watching constantly. Remove from oven. Repeat with second layer. Cool. Transfer cake layers to serving plates to serve.

Makes 2 single-layer cakes.

CALIFORNIA FIGS ARE BURSTING WITH FLAVOR

Savor the flavor and enjoy the nutritional benefits that Blue Ribbon® Orchard Choice® Figs bring to every recipe. Grown in the central valley of California, our figs are moist, sweet and available throughout the year. Golden Calimyrna Figs, with their hint of nuttiness, and dark purple Mission Figs, with their rich figgy flavor, are interchangeable in most recipes.

Enjoy this small sampling of the many recipes available at www.valleyfig.com. The possibilities are endless and you're sure to create many of your own favorites.

Fig Tips

- Keep figs handy for a quick snack rich in fiber and providing potassium, calcium, iron and a wealth of essential nutrients.
- Store figs in the refrigerator after opening.
- To make chopping and slicing figs easier, run your knife under hot water when it gets sticky. You can also spray the knife lightly with non-stick cooking spray.
- Dip whole figs in melted chocolate and roll in chopped nuts for an impressive, yet easy, dessert.
- Sprinkle chopped figs on cereals, salads and rice dishes.
- For more recipes, tips and to shop our Growers' store, visit www.valleyfig.com.

Quick Recipes

Poached Figs

Place figs in saucepan and cover with water. Bring to boil. Reduce heat; simmer, uncovered, over moderate heat 15 to 20 minutes. For a tangy variation add orange or lemon slices to water before cooking. Serve warm or chilled. Store in refrigerator.

Microwave method: Combine 1 cup figs and ½ cup water; cover. Microwave on HIGH for 3 minutes. Stir and let stand 2 minutes.

Brie-Stuffed Figs

Trim off stems. Slice open one side of each fig. Stuff with small piece of Brie or Camembert cheese and fresh rosemary leaves. Sprinkle with freshly ground

black pepper. Place cheese side up in baking pan. Bake at 350°F for 7 minutes or until hot.

Bacon-Wrapped Goat Cheese Figs with Snakebite Glaze

Bake bacon at 400°F for 10 minutes or until bacon is cooked, but not crisp. Cut strips in half. Trim fig stems. Cut an “X” in stem end of fig three-quarters of the way to bottom. Stuff with small ball of goat or blue cheese. Wrap with bacon and fasten with toothpick. Bake at 400°F for 10-15 minutes, or until bacon starts to crisp. Combine maple syrup with cayenne pepper to taste. Brush over stuffed figs. Serve warm.