

BLUE RIBBON

Orchard Choice

CALIFORNIA FIGS

FIGS...
FABULOUS FIGS!



Deep Dish Pear Cobbler with Lemon Infused Figs

- | | |
|--|---|
| 8 ounces Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna Figs | 2 pounds firm, ripe pears, peeled and sliced (about 1/2-inch thick) |
| 1/3 cup each granulated and packed brown sugar | Prepared refrigerated or frozen pastry for 9-inch pie or 1 sheet frozen puff pastry |
| 3 tablespoons lemon juice | |
| 3/4 teaspoon finely grated lemon peel | Topping: |
| 1 teaspoon ground cinnamon | 1 tablespoon granulated sugar |
| 2 tablespoons cornstarch mixed with 2 tablespoons water | 1/3 cup chopped walnuts |

Remove stems from figs and slice. In large saucepan, combine figs, sugars, lemon juice and peel, cinnamon and 2 tablespoons water. Bring to boil over medium-high heat and stir to dissolve sugar. Stir in cornstarch mixture and cook until slightly thickened. Remove from heat and stir in pears. Turn into 2-quart baking dish such as 8-inch square baking pan or 9- x 2-inch round cake pan. Bring pastry to room temperature according to package directions. With 2 1/2- to 3-inch cookie or biscuit cutter, cut pastry into 9 to 12 pieces. Arrange pastry, slightly overlapping, on filling. Sprinkle with topping ingredients. Bake in preheated 400°F oven for 20 to 25 minutes or until filling is bubbly and crust is golden. Serve warm or at room temperature, with vanilla ice cream, if desired. Makes 6 to 8 servings.

Figgy Fudgy Pudding Cake

- | | |
|--|--|
| 1 cup all-purpose flour | 1/3 cup semisweet chocolate pieces, optional |
| 2/3 cup sugar | 1/4 cup chopped, toasted pecans |
| 3 tablespoons unsweetened cocoa powder | 3/4 cup packed light brown sugar |
| 2 teaspoons baking powder | 1/4 cup unsweetened cocoa powder |
| 1/4 teaspoon salt | 1 3/4 cups hottest tap water |
| 1/2 cup milk | |
| 1/4 cup butter, melted | |
| 1 1/2 teaspoons vanilla extract | |
| 1 cup chopped Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna Figs, stems removed | |



Heat oven to 350°F. In ungreased 8- or 9-inch square pan, stir together flour, sugar, 3 tablespoons cocoa powder, baking powder and salt. With fork, blend in milk, butter and vanilla until smooth. Stir in figs, chocolate pieces and pecans. Sprinkle brown sugar and remaining 1/4 cup cocoa evenly over top. Pour hot water evenly over top. Do not stir. Bake for 35 to 40 minutes, until sauce forms on bottom and cake on top is set. Cool for 15 minutes. Serve in dessert dishes, spooning sauce from bottom of pan over each serving. Top with ice cream or whipped cream and fresh raspberries, if desired. Makes 9 servings.

Fabulous Fig Bars

- | | |
|---|-------------------------------|
| 16 ounces Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna Figs | 1 cup packed brown sugar |
| 1/2 cup chopped walnuts | 1 large egg |
| 1/3 cup sugar | 1 1/2 cups all-purpose flour |
| 1/4 cup rum or orange juice | 1/2 teaspoon baking soda |
| 2 tablespoons hot water | 1 1/4 cups old-fashioned oats |
| 1/2 cup butter, softened | Rum Glaze, recipe follows |



Heat oven to 350°F. Coat 13 x 9-inch baking pan with cooking spray. Remove stems from figs and coarsley chop. Combine figs, walnuts, sugar, rum and hot water; set aside. Beat together butter and sugar until creamy. Add egg and mix until smooth. Stir in flour and baking soda; blend in oats to make a soft dough. Reserve 1 cup dough. With floured fingertips, press thin layer of remaining dough in bottom of prepared pan. Firmly pat fig mixture over dough. Drop reserved dough by teaspoonfuls over top, allowing fig mixture to show between drops. Bake 30 minutes or until golden brown. Cool completely in pan. Drizzle with rum glaze. Makes 36 bars.

Rum Glaze: Stir together 1/2 cup powdered sugar and 3-4 teaspoons rum or orange juice until smooth.

Chocolate-Fig Pecan Bars



- | |
|--|
| 2 cups all-purpose flour |
| 3/4 cup sugar, divided |
| 10 tablespoons butter or margarine |
| 8 ounces Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna Figs |
| 3/4 cup chopped pecans |
| 2/3 cup semisweet chocolate pieces |
| 3 large eggs |
| 3/4 cup light corn syrup |
| 1 teaspoon vanilla extract |

Heat oven to 350°F. Stir together flour and 1/4 cup sugar. Add butter. With pastry blender or 2 knives, cut butter into dry ingredients until mixture resembles coarse crumbs. (Mixture will be dry.) Press in bottom of lightly greased 13 x 9-inch baking pan. Bake for 15 minutes or until edges begin to brown. Remove stems from figs and chop. Sprinkle figs, pecans and chocolate pieces over crust. Lightly beat eggs, gradually beat in remaining 1/2 cup sugar, corn syrup and vanilla until well blended. Pour over crust. Return to oven for 20 to 30 minutes or until filling is firm around edges and slightly soft at center. Cool on wire rack. Makes 32 bars.

Chocolate-Dipped Stuffed Figs

- | |
|---|
| 15 Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna Figs |
| 3/4 cup sugar |
| 3/4 cup water |
| 1/2 cup brandy (or 1/2 cup water mixed with 1 1/2 teaspoons vanilla extract) |
| 15 to 30 small pieces candied ginger, toasted nuts (walnuts, pecans, hazelnuts, almonds or macadamias) or chocolate |
| 5 to 6 ounces semisweet, bittersweet or premium white chocolate, chopped |



With sharp knife, cut small slit in bottom of each fig. In small saucepan, heat sugar and water over medium heat until sugar dissolves. Stir in brandy and figs. Bring to a boil over high heat then reduce heat and simmer 20 minutes. Drain figs, cool and dry thoroughly. Stuff one or two pieces of ginger, nuts and/or chocolate into each fig. Place chopped chocolate in 1-cup glass measuring cup or small microwave-safe bowl. Heat on medium/50% power until almost melted, stirring after every 1 to 1 1/2 minutes. Remove from oven and stir until melted. Hold stem of each fig and dip in melted chocolate. Place figs, stems up, on wax paper-lined tray until chocolate sets. Store in airtight container in refrigerator. Makes 15 figs.

Spiced Fig Compote

- | |
|--|
| 1 (6-inch) strip orange peel |
| 2 cups orange juice |
| 1/2 cup sugar |
| 2 cinnamon sticks |
| 2 whole allspice |
| 2 cardamom seeds, broken |
| 4 whole cloves |
| 1 cup Blue Ribbon® Orchard Choice® or Sun-Maid® Calimyrna Figs |
| 1 cup Blue Ribbon® Orchard Choice® or Sun-Maid® Mission Figs |

In saucepan, combine orange peel, orange juice, sugar, cinnamon sticks, allspice, cardamom seeds and cloves. Bring to boil; simmer 5 minutes. Add figs; simmer, covered, 20 minutes. Serve warm or chilled. Store in refrigerator. Makes 8 servings.

HOW TO STEW 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 1/2 cup water; cover. Microwave on HIGH for 3 minutes. Stir and let stand 2 minutes.

Fig & Walnut Pasta with Gorgonzola

- | |
|---|
| 2 tablespoons butter |
| 1 large onion, sliced |
| 8 ounces vermicelli or linguine |
| 2 tablespoons olive oil |
| 1 cup (6 oz.) Blue Ribbon® Orchard Choice® or Sun-Maid® Calimyrna or Mission Figs |
| 1/2 cup chopped walnuts |
| 1/2 teaspoon salt |
| 1 1/2 cups (6 oz.) crumbled Gorgonzola cheese |



Heat butter in large skillet. Add onion and saute over medium-high heat 10-12 minutes, stirring frequently, until golden brown. Meanwhile prepare pasta according to package directions. Drain; toss with olive oil and set aside. Remove stems from figs and coarsley chop. Stir figs, walnuts and salt into onions; cook 2 minutes or until heated through. Pour mixture over pasta. Sprinkle with Gorgonzola and toss gently. Serve immediately. Makes 4-6 servings.

Blue Ribbon® Orchard Choice® figs are sun-dried to perfection in the orchards of central California. Brimming with flavor and nutritional value, figs add distinction to even the simplest of dishes. The golden, slightly nutty flavored Calimyrna and the deep purple, richly flavored Mission can be used interchangeably in dishes ranging from appetizers to desserts. Here are some tips from the experts who bring you premium quality Blue Ribbon Orchard Choice Figs.

- Keep dried figs handy for a quick, nutritious snack. Figs are rich in complex carbohydrates and dietary fiber and a wealth of essential minerals such as calcium, potassium and iron.
- Add chopped figs to rice, couscous, pilaf and other grains.
- Always trim stems from figs. To make chopping figs easy, frequently dip your knife in hot water.
- Store figs in refrigerator after opening for optimum freshness.
- Try adding chopped figs to hot or cold cereal.
- Dip figs in melted chocolate and roll in chopped almonds or hazelnuts for an unforgettable dessert.
- Combine chopped figs with chicken or tuna for a salad entree or sandwich filling.
- Valley Fig Growers is the largest marketer of Blue Ribbon Orchard Choice Figs in North America. Recipes and information are available on the internet at www.valleyfig.com or by writing to Valley Fig Growers, P.O. Box 1987, Fresno, California, 93718.

Stuffed Fig Appetizers

Brie Stuffed Figs with Fresh Rosemary

Remove stems and slice open one side of each fig. Stuff with a small piece of Brie or Camembert cheese and chopped 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.



Chutney-Ham Stuffed Figs

Remove stems and cut open figs. Stuff with a small cube of deli-smoked ham and a dab of chopped chutney. Garnish with herb sprig.

Bacon-Wrapped Fruited Figs

Bake bacon at 400°F for 10 minutes or until bacon is cooked but still flexible. Cut strips in half. Remove stems and cut open figs. Stuff with a small chunk of fresh peach, nectarine or mango. Wrap with half-slice bacon (may not entirely go around fig) and fasten with pick. Bake at 400°F for 7 minutes or until hot.

Sherried-Cheese Stuffed Figs

Remove stems and cut open figs. Beat ½ cup garlic-herb cheese spread with 2 teaspoons sherry or white wine. Spoon into figs. Garnish with fresh thyme leaves.

Hawaiian-Style Stuffed Figs

Remove stems and cut open figs. Stuff with a small cube of fresh or canned pineapple. Wrap fig with thinly-sliced prosciutto, making a band around center of fig. Sprinkle with toasted sesame seeds.

Spinach Salad with Stuffed Figs & Warm Port Dressing

- | | |
|--|--|
| 1 cup packed Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna Figs | 2 tablespoons balsamic vinegar |
| ½ cup port | 2 teaspoons Dijon mustard |
| 1 shallot, finely chopped | Salt and ground black pepper |
| 1 teaspoon sugar | 2 tablespoons olive oil |
| 1½ teaspoons finely chopped fresh rosemary | 12 ounces baby spinach leaves, stems removed |
| 2 tablespoons goat cheese | ½ cup (2 ounces) thin strips prosciutto |
| 3 tablespoons finely chopped, roasted pistachios | ¼ cup thinly sliced red onion |



Remove fig stems. Starting at the stem end, cut an "X" three-quarters of way to bottom of 8 figs. Finely chop remaining figs. In small saucepan, combine whole and chopped figs, port, shallot, sugar and rosemary. Cover and bring to boil; reduce heat and simmer 1 minute. Remove from heat and set aside for 10 minutes. Moisten hands with water and form goat cheese into 8 small balls. Roll in nuts. Cover and chill until serving time. To fig-port mixture, add balsamic vinegar, mustard, salt and pepper to taste. Stir in olive oil. Heat dressing just until warm. Combine spinach, prosciutto and red onion in large bowl. Remove whole figs from dressing and reserve; toss remaining dressing and chopped figs with salad. Place salad on 4 small plates. Fill whole figs with cheese balls and arrange on plates. Makes 4 servings.

Savory Fig Stuffing Balls

- | | |
|---|---|
| ¾ cup chopped onion | 4 cups cubed herb-seasoned dry bread stuffing mix |
| ½ cup chopped celery | ½ cup chopped toasted almonds |
| ¼ cup chopped carrot | ⅓ cup chopped fresh parsley |
| 3 tablespoons butter, divided | ⅓ to ⅔ cup chicken broth |
| 1 cup chopped Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna Figs | Salt and ground black pepper, to taste |
| ½ cup chopped, cooked smoked lean sausage | 1 large egg, lightly beaten |
| ¾ cup dry sherry or chicken broth | |



Heat oven to 350° F. In large deep skillet or Dutch oven, stir and cook onion, celery, and carrot in 1 tablespoon butter over medium heat until onion is soft. Stir in figs, sausage and sherry; simmer for 2 minutes. Remove from heat and stir in bread cubes, nuts, parsley and ⅓ cup chicken broth. Add salt and pepper, to taste. Stir in egg. Form mounded ½-cup portions of stuffing into balls, packing tightly and moistening with additional chicken broth if needed. Place on greased baking sheet. Melt remaining butter and brush on balls. Bake 25 to 30 minutes, until hot and golden. Makes 8 to 10 balls.

Fig & Wild Rice Chicken Salad

- | |
|--|
| ½ cup long-grain brown rice |
| ½ cup wild rice |
| ¾ cup plain nonfat yogurt |
| ½ cup sliced green onion |
| 3 tablespoons olive oil |
| 1½-2 tablespoons lemon juice |
| 1 teaspoon salt |
| ¼ teaspoon each grated lemon peel and pepper |
| 2 cups shredded cooked chicken |
| ½ cup chopped pecans, toasted |
| 8 ounces Blue Ribbon® Orchard Choice® or Sun-Maid® Calimyrna or Mission Figs |

In medium saucepan, bring 2¼ cups water to a boil. Add brown and wild rice. Cover and reduce heat to low; cook 55 minutes until water is absorbed and rice is done. Cool. Remove stems from figs and quarter. In large bowl, combine yogurt and next six ingredients. Stir in rice, chicken, pecans and figs. Refrigerate until serving. Makes 6 servings.

Roasted Salmon with Caramelized Onions, Figs & Wine

- | | |
|---|--|
| 2 tablespoons olive oil | 1 tablespoon balsamic vinegar |
| 1 pound yellow onions, halved and thinly sliced to measure 4 cups | 1 tablespoon chopped fresh rosemary or 1 teaspoon dried rosemary |
| Salt | Freshly ground black pepper |
| 1 cup (6 oz.) Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna Figs | 1 to 1½ pounds salmon filet, skinned and cut into 4 portions |
| ½ cup red or white wine | Chopped parsley |
| ½ cup chicken broth | |



Swirl olive oil in bottom of medium nonstick skillet. Add onions and sprinkle with ½ teaspoon 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. Cut stems from figs and halve. 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 over fig sauce. Makes 4 servings.

Pork Medallions with Honey-Glazed Figs & Apples

- | |
|---|
| 2 tart green apples, about 1 pound |
| 1 cup Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna Figs |
| 1 pound pork tenderloin |
| Thyme Seasoning, recipe follows |
| 2 teaspoons vegetable oil |
| ½ cup white wine or water |
| 3 tablespoons honey |
| Parsley or fresh thyme for garnish |



Peel and core apples; cut each into 16 wedges. Remove stems and halve figs. Cut tenderloin into ¾-inch thick slices; rub with Thyme Seasoning. Heat oil in medium frying pan over medium-high heat; add pork and cook 2 minutes on each side. Reduce heat and cook until firm, about 3 to 4 minutes. Remove and keep warm. Stir apples, figs and wine into pan. Simmer until liquid evaporates, about 8 minutes. Add honey; stir until apples are tender and glazed, about 2 minutes. Pour fig mixture over pork and garnish with parsley or thyme. Makes 4 servings.

Thyme Seasoning: Stir together 1 tablespoon vegetable oil, 1 tablespoon onion powder, 1¾ teaspoons thyme leaves, 1 teaspoon salt and 1 teaspoon ground black pepper.

California Fig & Goat Cheese Pizza

- | |
|--|
| 1 tablespoon each butter and olive oil |
| 3 large onions (1½ lbs.), thinly sliced |
| 1 tablespoon balsamic or red wine vinegar |
| ½ teaspoon salt |
| ¼ teaspoon pepper |
| 1 cup thinly sliced Blue Ribbon® Orchard Choice® or Sun-Maid® Mission or Calimyrna Figs, stems removed |
| 1 tablespoon chopped fresh thyme or 1 teaspoon dried |
| 1 12-inch Italian bread shell pizza crust |
| ⅔ cup (¾ oz.) crumbled mild goat cheese |

Heat oven to 450°F. 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. Makes 8 servings.