

Dried Figs and Apricots in Vanilla Wine Syrup*

12 servings



INGREDIENTS	WEIGHT	VOLUME	PROCEDURE
Gewurztraminer or Johannisberg Riesling, bottle		(2) 750 ml	1. Bring wine and sugar to boil in a large saucepan over medium heat, stirring to dissolve sugar.
Sugar, granulated		1 1/2 cups	2. Add figs, cinnamon sticks, vanilla bean and seeds. Reduce heat to medium-low. Cook, covered, 20 minutes.
Blue Ribbon Orchard Choice or Sun-Maid Calimyrna figs, stemmed	1 lb	about 28	3. Add apricots; cook until fruit is plump and tender, 23-25 minutes.
Cinnamon sticks		3	4. Transfer fig and apricot mixture to a bowl; discard cinnamon sticks and vanilla bean. Reduce syrup to 4 cups. Pour over fruit; chill 4 hours.
Vanilla bean, split and scraped		1	5. Serve individual portions of fig mixture topped with 1 Tbl cr�me fraiche and sprinkled with a few almonds.
Dried apricots	8 oz	about 24	
Cr�me fraiche or fromage blanc		3/4 cup	
Silvered natural almonds, toasted		2 Tbl	

Roasted Salmon with Caramelized Onions, Figs and Red Wine

12 servings



INGREDIENTS	WEIGHT	VOLUME	PROCEDURE
Olive oil		6 Tbl	1. Heat oil in a large nonstick skillet over medium-low heat. Add onions; cover and cook, stirring occasionally, until soft, 15-18 minutes. Uncover; cook until golden, 20-22 minutes.
Onions, halved and thinly sliced	3 lb		2. Increase heat to high. Stir in figs, wine, stock, vinegar, and rosemary. Simmer sauce until thickened and jam-like, 8-10 minutes. Season with salt and pepper. Keep warm.
Blue Ribbon Orchard Choice or Sun-Maid Mission or Calimyrna figs, stemmed and halved	1 lb 2 oz	3 cups	CCP-Chill per HACCP procedures to below 40°F for use within 24 hours.
Red wine		1 1/2 cups	3. Season salmon with salt and pepper; place on oiled baking pan. Roast in 450°F standard oven, 6-10 minutes until opaque.
Chicken stock		1 1/2 cups	4. Spoon fig/onion sauce on individual serving plate. Top with salmon portion and sprinkle with parsley.
Balsamic vinegar		3 Tbl	
Fresh Rosemary, chopped		2 1/2 Tbl	
Salt to taste			
Pepper, freshly ground, to taste			
Salmon filet, skin and pin bones removed, individually portioned	4 lb 8 oz	12 portions (6 oz each)	
Parsley, chopped (garnish)			

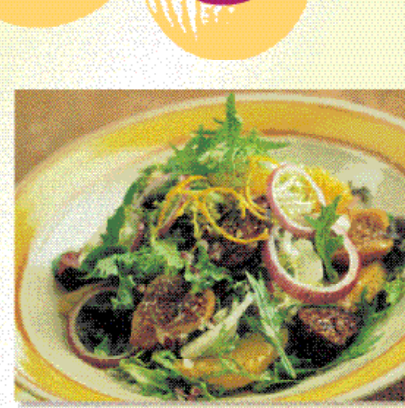
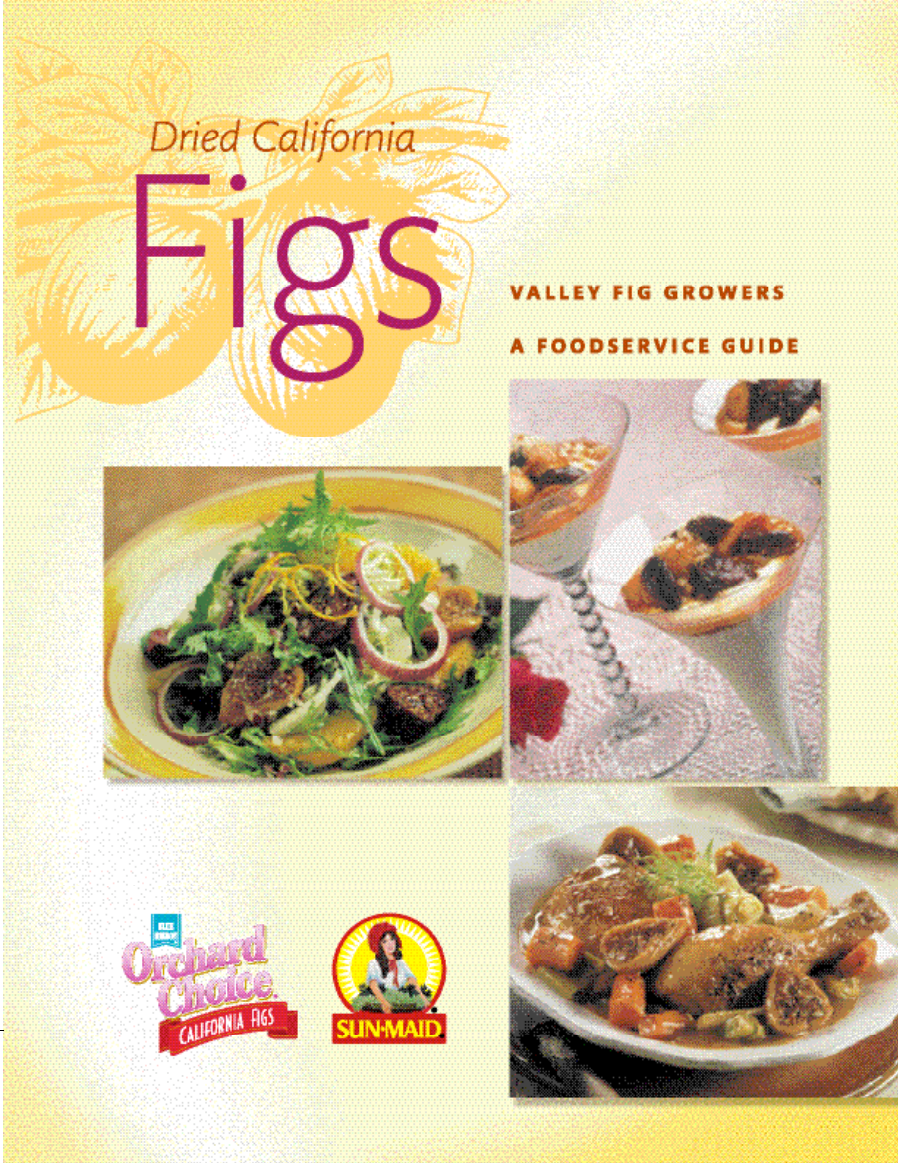
Fig and Walnut Pasta with Gorgonzola Cheese

12 servings



INGREDIENTS	WEIGHT	VOLUME	PROCEDURE
Butter	3 oz	6 Tbl	1. Heat a large skillet over medium-high heat until hot; melt butter. Add onions; saut� until golden brown about 15-18 minutes.
Onions, sliced		3 large	2. Meanwhile, cook pasta; drain and toss in appropriate bowl with olive oil.
Vermicelli or linguine	24 oz		3. Add figs and walnuts to skillet with onions; cook until heated through 4-5 minutes. Season with salt and pepper.
Olive oil		6 Tbl	4. Top individual servings with fig/onion mixture. Sprinkle with Gorgonzola cheese and toss gently before serving.
Blue Ribbon Orchard Choice or Sun-Maid Calimyrna figs, stemmed and chopped	1 lb 2 oz	3 cups	
Walnuts, chopped		1/2 cup	
Salt to taste			
Pepper, freshly ground, to taste			
Gorgonzola cheese, crumbled		4 1/2 cups	

*recipes adapted from Marie Simmons' cookbook *Fig Heaven*  2004



To order fig products and samples, contact:

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Braised Chicken with Fennel and Dried Figs

12 servings



INGREDIENTS	WEIGHT	VOLUME	PROCEDURE
Blue Ribbon Orchard Choice or Sun-Maid Calimyrna figs, stemmed	1 lb 8 oz	about 36	1. Place figs in appropriate bowl; cover with boiling water. Let stand 10 minutes; drain and halve.
Whole chicken, cut into eighths	10 lb	3	2. Season chicken with salt and pepper. Heat a rondeau over high heat; add butter and oil. Brown chicken 3-4 minutes per side. Remove from rondeau and reserve.
Salt to taste			3. Pour off excess fat from rondeau and return to heat. Add fennel, leeks, and carrots; cook until softened, 6-8 minutes.
Pepper, freshly ground, to taste			4. Add figs and fennel seeds; cook until cut side of figs brown slightly 6-8 minutes. Add garlic; cook 1 minute.
Butter	1½ oz	3 Tbl	5. Stir in stock and wine. Bring to a boil and reduce by half.
Extra virgin olive oil		3 Tbl	6. Add chicken and any juices. Cover and reduce heat to medium-low. Gently simmer until the chicken juices run clear and reach an internal temperature of 165°F, 15-20 minutes.
Fennel bulbs, trimmed, quartered, cut into 1-inch pieces	2 lb	3	7. Transfer chicken to holding tray and hold at or above 140°F until ready to serve. Boil pan juices to reduce until slightly thickened, 4-5 minutes.
Leeks, trimmed, washed, cut into 1-inch lengths		3 large	8. Pour pan juices over individual plated servings of chicken. Garnish with fennel fronds.
Carrots, cut into 1-inch lengths		6 medium	
Fennel seeds, lightly crushed		1 Tbl	
Garlic cloves, minced		3	
Chicken stock		3 cups	
White wine		3 cups	
Fennel fronds (garnish)			

Spinach Salad with Stuffed Figs and Warm Port Dressing

12 servings



INGREDIENTS	WEIGHT	VOLUME	PROCEDURE
Blue Ribbon Orchard Choice or Sun-Maid Mission or Calimyrna figs	24 oz	About 54	1. Cut an "X" three-quarters of way to bottom of 24 figs. Finely chop remaining figs.
Port wine		1½ cups	2. Combine whole figs, chopped figs, port, shallots, sugar, and rosemary in a small stock pot. Cover and bring to a boil; reduce heat and simmer 1 minute. Remove from heat. Let stand 10 minutes.
Shallots, finely chopped		3	3. Remove whole figs from stock pot and reserve.
Sugar, granulated		1 Tbl	4. Add vinegar, mustard and olive oil to stockpot. Season with salt and pepper.
Fresh Rosemary, chopped		4½ tsp	5. Roll goat cheese into 24 small bowls; roll each in chopped nuts. Chill until ready to serve.
Balsamic vinegar		6 Tbl	6. Fill whole figs with cheese balls.
Dijon mustard		3 Tbl	7. Toss spinach, prosciutto, and onion in a bowl.
Olive oil		6 Tbl	8. Heat chopped fig and port mixture. Add to spinach; toss and adjust seasoning.
Salt to taste			9. Divide among 12 plates. Garnish each with 2 stuffed whole figs.
Pepper, freshly ground, to taste			
Goat cheese		6 Tbl	
Pistachios, roasted, finely chopped	2 lb 4 oz	½ cup	
Baby spinach leaves, stemmed and washed		24 cups	
Prosciutto, julienned	6 oz		
Red onion, thinly sliced		¾ cup	

Stuffed Fig Appetizer Suggestions



INGREDIENTS	PROCEDURE
<i>Brie Stuffed Figs with Fresh Rosemary:</i>	
Blue Ribbon Orchard Choice or Sun-Maid Calimyrna figs, stemmed	1. Slice open one side of each fig. Stuff with small amount of cheese. Sprinkle lightly with rosemary and pepper.
Brie or camembert cheese, chilled	2. Place cheese side up on sheet pan.
Rosemary, chopped	3. Bake in a 350°F standard oven until hot.
Pepper, freshly ground, to taste	
<i>Bacon-Wrapped Fruited Figs:</i>	
Blue Ribbon Orchard Choice or Sun-Maid Calimyrna figs, stemmed	1. Slice each fig in half. Fill with fruit.
Peaches or mangoes, ¼-inch cubes	2. Wrap each fig with half slice bacon. Secure with pick. Place on sheet pan.
Bacon slices, halved	3. Bake in 400°F standard oven until bacon cooks and fig is hot, 10-12 minutes.



Valley Fig Growers' California fig products provide great taste, superior quality and a concentrated source of valuable nutrients.

Sophisticated, Alluring and Versatile

Dried California Figs are always in season and incredibly flavorful.

The once overlooked fig is fast becoming a popular and innovative menu item. From appetizers to desserts, dried California Figs are appearing at some of the finest restaurants. You can spot figs sharing center stage with caramelized onions, pancetta, and goat cheese on a rustic pizza or, being chopped and stirred into a salad dressing with aged balsamic vinegar and extra virgin olive oil. Recently, figs were spotted on the dessert tray stuffed with almonds and crystallized ginger and dipped in chocolate.

Valley Fig Growers, producer of Blue Ribbon® Orchard Choice® Figs, is the largest handler of figs in North America. The cooperative has more than 40 grower members and is based in the fig capital of the U.S.—Fresno, California. Figs grow from June to late August and are allowed to fully ripen on the tree from August through September. The figs fall to the carefully prepared ground where further drying and harvesting occurs.

Nutrition: Dried California Figs are one of the most nutrient-rich commonly eaten fruits. A one-quarter cup serving contains approximately 110 calories, 240 mg of potassium, 26 g carbohydrate, 53 mg calcium, 1 mg iron, 0.136 mg vitamin B6, 24.7 mg magnesium, 0.146 mg copper, a whopping 5 g dietary fiber and contain no fat, cholesterol, or sodium. Visit the Web site www.valleyfig.com for more nutrition information.

Storage and Handling: Store dried figs at 40-55°F. Refrigerate after opening in a sealed container. Under cool, controlled storage, figs will retain their flavor, color and nutritive value for up to one year. Dried figs can be frozen.

Sugaring is relatively common and occurs when the natural fruit sugars crystallize on the surface of the figs; it is not harmful and does not affect the quality of the fruit. Heating will dissipate the sugars.



Blue Ribbon Orchard Choice Whole Figs

Mission: dark purple color with a soft, thin skin. This variety has a sweet, fruity taste and firm texture. The seeds are small and not fully developed. There are two crops per season, a limited one in late June and an abundant second one in late August-September. Sizes range from Extra Choice (45-54 figs/lb.) to Extra Fancy (32-37 figs/lb.).

Calimyrna: amber color with a soft skin, well-developed seeds and a slightly nutty flavor. Calimyrna figs are treated with sulfur dioxide to preserve their golden color. Sizes range from Extra Choice (32-40/lb.) to Extra Fancy (19-23/lb.).

Diced/Sliced Figs

Diced or sliced figs are cut to order in sizes ranging from 1/4-inch to 3/8-inch thickness. Diced figs have square or rectangular cuts; sliced figs have one-dimensional cuts that provide larger pieces of the fig.

Fig Paste

Fig Paste: custom-made to order, this paste is specially blended with one or more varieties (Calimyrna, Mission, Adriatic, and Kadota figs) to meet your specification, taste, and color requirements. Because we blend our paste to meet your needs and grind to order, you are always assured of the finest product. Blue Ribbon Orchard Choice fig paste is available seeded, de-seeded or softened. Fig paste may be used to economically add interest to baked goods, sauces, fillings or confections.

Soft Fig Paste: combines fig paste with fruit concentrates or liquid sweeteners to produce a soft, versatile, easy-to-handle product. Soft Fig Paste is softer than regular Fig Paste. It is similar in texture to fruit jams, and can be easily spooned or spread with a spatula. Perfect for bar cookies, fruit bars, pastries, fruit cobblers, rugelach and breads.

Organic Figs

Certified organic figs are grown in orchards that have been free of pesticide, herbicide and fertilizer use for at least three years. Our organic figs and fig products adhere to the stringent requirements of the USDA accredited California Certified Organic Farmers (CCOF) and are labeled accordingly.

Valley Fig Growers (559) 237-3893 www.valleyfig.com

Whole Mission Figs



Extra Fancy Fancy Extra Choice

Whole Calimyrna Figs



Extra Fancy Fancy Extra Choice

