

FIG RECIPES

Mix the cornflour with a little cold water and stir it carefully into the syrup. Cook the syrup, stirring it constantly until it thickens. Cook it for a further 10 minutes over hot water. Add the other ingredients. Place 2 or 3 figs on slices of sponge cake or shortcake. Pour the hot sauce over the cake.

Biscuits

Fig Newtons

4oz. of butter	12oz. of sifted flour
12oz. of sugar	3 teaspoons of baking powder
1 well-beaten egg	1 cup of chopped dried figs
4 fl. oz. of milk	
1 teaspoon of vanilla	
$\frac{3}{4}$ teaspoon of salt	

Cream the butter and 8oz. of the sugar. Add the egg and beat the mixture until it is light. Mix the milk and the vanilla. Sift the flour, baking powder, and salt together. Add the dry ingredients alternately with the milk to the creamed mixture. Blend them well. Roll out the dough thinly on a slightly floured board, forming a rectangle. Boil the figs with the remaining sugar and 1 cup of boiling water for 5 minutes. Spread the cooled fruit on half of the dough. Fold the other half over the covered dough and cut out small oblong biscuits. Bake them in a quick oven (400 degrees F.) for 12 to 15 minutes.

Fig Biscuits

6oz. of butter	2 teaspoons of baking powder
6oz. of brown sugar	1 teaspoon of vanilla
2 eggs	$\frac{3}{4}$ cup of chopped figs
10oz. of sifted flour	
$\frac{1}{2}$ teaspoons of salt	

Cream the butter and sugar, adding the beaten eggs one at a time. When the mixture is light and creamy add the flour, salt, and baking powder sifted together. Add the vanilla and the figs. Chill the dough. Roll it out thinly and cut out the biscuits.

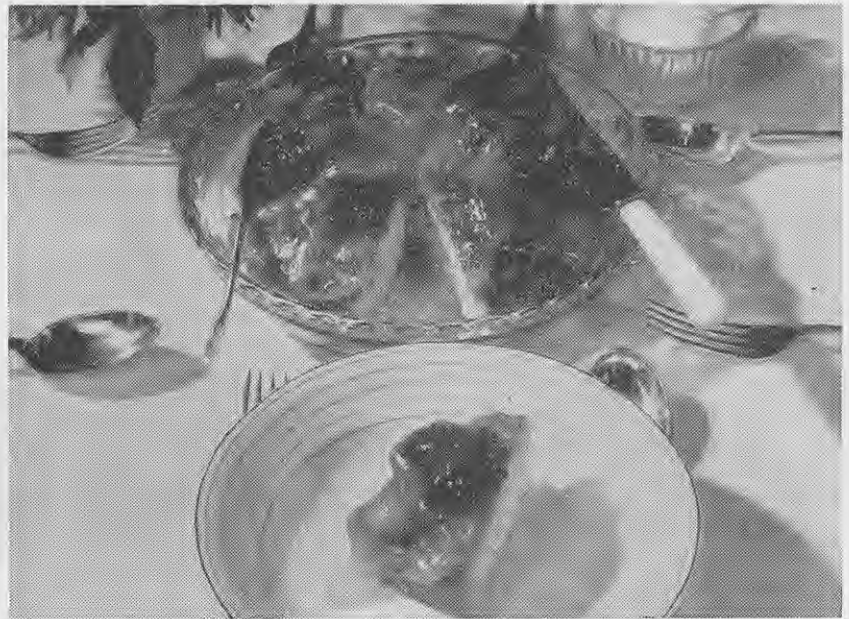


Fig annette.

Sprinkle them with sugar and bake them in a moderate oven (350 degrees F.) for 12 to 15 minutes.

Bread

Fig Bread

1lb. of sifted flour	1 teaspoon of salt
$4\frac{1}{2}$ teaspoons of baking powder	4oz. of sugar
1 beaten egg	12 fl. oz. of milk
1 tablespoon of butter	1 cup of chopped figs

Sift the dry ingredients, sifting a little of the flour over the chopped figs. Add the milk, egg, and melted butter to the flour mixture and mix

the dough thoroughly. Stir the figs into the mixture and then shape the dough into a loaf. Place it in a greased loaf tin. Bake the loaf in a moderate oven (350 degrees F.) for 45 to 60 minutes.

Preserves

Fig Preserve

Use equal parts by weight of sugar and peeled whole fruit. Add enough water to prevent the fruit sticking to the bottom of the pan. Cook the figs until the syrup is quite thick and the fruit begins to look translucent. Fill clean, preheated preserving jars three-quarters full with figs and add sufficient syrup to fill them. Seal the jars while they are still hot.

Rhubarb and Fig Jam

Cut young, tender rhubarb into pieces 1in. long. Peel fresh figs. Use 1lb. of rhubarb to 1lb. of figs. Allow $1\frac{1}{2}$ lb. to 2lb. of sugar for each 2lb. of the mixed fruit. Cover the rhubarb with part of the sugar and allow it to stand for an hour or two to extract the juice. Crush the figs and mix them with the rhubarb. Heat the fruit-sugar mixture slowly, stirring the jam until it is boiling. Add the remainder of the sugar and when the jam is boiling again turn down the heat. Allow the jam to simmer for 15 to 20 minutes or until it is thick. Pour it into clean, preheated jam jars. Seal the jars while the jam is still hot, using melted paraffin wax or transparent cellulose.



Fig Bavarian cream. Sections of pale-pink fruit are used to decorate fig Bavarian cream, which is served in individual pale-green glass dishes.