

Apple-Fig Crumble

Makes 8 servings

Ingredients

- 1 package (8-ounce) Blue Ribbon Orchard Choice or Sun-Maid Mission or Calimyrna Figs, stemmed and quartered
- 3 tablespoons apple juice – or more if needed
- 3 large tart, crisp apples, peeled, cored, cut into thick slices
- 1 tablespoon fresh milled flour
- 1/4 teaspoon cinnamon
- 2 tablespoons honey
- 1 tablespoon butter

Topping

- 2/3 cup fresh milled flour
- 2/3 cup sucanat
- 1/2 teaspoon cinnamon
- 1/8 teaspoon salt
- 6 tablespoons butter, cut into 1/2 inch pieces

Directions

1. Heat oven to 350°. Coat 8x8-inch baking dish with cooking spray. Place figs and apple juice in a sauce pan and cook for 2 minutes on medium heat. Turn down to simmer until juice is absorbed. Let stand 5 minutes. Stir until most of liquid is absorbed. Set aside.
2. Place apples in prepared baking dish. Sprinkle with flour and cinnamon, toss to coat. Heat honey and butter until melted; drizzle over apples. Arrange figs over apples. For topping combine flour, sucanat, cinnamon and salt in a medium bowl; cut in butter until crumbly. Sprinkle over apples and figs. Bake 40 minutes or until topping is golden brown and filling is bubbly. Serve warm.

Broccoli Fig Salad



Ingredients

- 1 cup Blue Ribbon Orchard Choice or Sun-Maid Figs, stemmed and chopped into ¼-inch pieces
- 1½ pounds broccoli, florets cut into 1-inch pieces, stalks peeled and sliced ¼ inch thick
- ½ cup plain yogurt
- 1 tablespoon balsamic vinegar
- Salt and pepper
- ½ cup walnuts, toasted and chopped coarse
- 1 large shallot, minced

Directions

1. Combine 4 cups water and 4 cups ice in large bowl.
2. Bring 3 quarts water to boil in Dutch oven. Remove 1 cup boiling water and combine with figs in small bowl; cover, let sit for 5 minutes, and drain.
3. Meanwhile, add broccoli stalks to boiling water and cook for 1 minute. Add florets and cook until slightly tender, about 1 minute. Drain broccoli and place in ice water to cool. Drain again, transfer to salad spinner and spin dry.
4. Whisk yogurt, vinegar, ½ teaspoon salt and 1.4 teaspoon pepper together in large bowl. Add broccoli, drained figs, walnuts and shallots to bowl with dressing and toss to combine. Season with salt and pepper to taste.

Spaghetti with Figs, Lemons and Olive Oil

Let the dish rest briefly before serving so the flavors develop and the sauce thickens.



Ingredients

- 1 pound spaghetti
- Salt and pepper
- $\frac{1}{4}$ cup extra-virgin olive oil, plus extra for serving
- 1 shallot, minced (3 tablespoons)
- $\frac{1}{4}$ cup heavy cream
- 1 cup Blue Ribbon Orchard Choice or Sun-Maid Figs, stemmed and chopped into $\frac{1}{4}$ -inch pieces
- 2 teaspoons finely grated lemon zest plus $\frac{1}{4}$ cup juice (2 lemons)

- 1 ounce Parmesan cheese, grated ($\frac{1}{2}$ cup), plus extra for serving
- 2 tablespoons shredded fresh basil

Directions

1. Bring 4 quarts water to boil in large Dutch oven.
2. Add pasta and 1 tablespoon salt and cook, stirring often, until al dente.
3. Reserve 1 $\frac{3}{4}$ cups cooking water, then drain pasta in colander and set aside.
4. Heat 1 tablespoon oil in empty pot over medium heat until simmering. Add shallot and 1.2 teaspoon salt, cook until shallot is softened, about 2 minutes.
5. Whisk 1 $\frac{1}{2}$ cup reserved cooking water and cream into pot; add figs and stir to combine. Bring to simmer and cook for 2 minutes
6. Remove pot from heat, add pasta and stir until coated. Stir in remaining 3 tablespoons oil, lemon zest and juice, parmesan, and 1.2 teaspoon pepper.
7. Cover and let pasta stand for 2 minutes, tossing frequently and adding remaining $\frac{1}{2}$ cup reserved cooking water as needed to adjust consistency. Stir basil and season with salt and pepper to taste.
8. Serve with extra parmesan cheese.

Blueberry Newtons



Ingredients

Dough:

- 1/2 cup butter, softened
- 1/4 cup sucanat
- 2 egg whites
- 1/2 tsp vanilla
- 1 tbsp water
- 1 1/2 cups whole wheat flour
- 1/4 cup flax- milled
- 1/2 tsp cinnamon

Filling:

- 1 cup blueberries
- 1 cup chopped figs
- 2 tbsp honey crystals (sucanat with honey)
- 2 tsp tapioca starch
- 1 tps water

Directions

1. For the dough, in a large bowl beat the butter and sucanat together with an electric mixer until thoroughly combined.
2. Add egg whites, vanilla and water and beat until well mixed, scraping down beaters and bowl as needed.
3. Add the flour, flax and cinnamon and beat until dough comes together.
4. Form dough into a rough rectangle and wrap tightly in plastic. Chill for at least 2 hours.

5. For the filling, combine blueberries, figs and honey crystals in a medium saucepan over medium heat. Bring to a boil, and then lower the heat and simmer for 20 minutes.
6. Mash berries with the back of a fork.
7. In a small bowl, stir tapioca starch and water together. Add half to hot berry mixture and stir until the thickness of jam. If necessary, add remaining tapioca starch mixture until appropriate thickness is achieved.
8. To assemble cookies, preheat oven to 350F and line a large baking sheet with parchment or a silicone mat.
9. On a well-floured surface, roll out dough to a 12x16in rectangle and cut into four equal 4x12in strips. Spoon filling down the middle of each strip. Fold the edges over the filling and pinch to seal.
10. Using a sharp knife, cut off ends of logs and discard. Cut logs into 10 equal pieces and place cookies seam-side down on prepared baking sheet. Bake 12-15 minutes or until light golden brown.
11. Let cool on pan.

Makes about 40 cookies.

I made these following this recipe but next time I will make them a layered bar cookie that you cut after baking. Save time and look better.