

Dried fig is used in the form snacks or soaked in milk in iran from years ago. Of course in islam religion it is reminded, as paradisiacal fruit and there are many articles about the uses of this fruit in iran traditional medicine.

Different Products is gained from dried fig such as

1- Soup 2- Cake 3- Compote 4- Marmalade and jam 5- Fig in syrup, ...

●●●Figs
●●●Home

IF YOU CAN NOT DRINK MILK YOU CAN EAT DRIED FIGS

Figs contain Calcium as much as milk. 100 grams of milk meets 17% of the Recommended Dietary Allowances for Calcium.

Calcium in the dried figs is more digestible compared to other vegetal Calcium sources. The human body needs Phosphorus with Calcium for the formation and maintenance of bones and teeth. Dried figs contain the counterbalanced amount of Phosphorus together with Calcium.



Very few foods have this nutritive balance. For this reason milk and dried figs have a distinctive importance in human nutrition.

IF YOU CAN DRINK MILK

Drinks Dried Figs Milk Shake ? for Recipe [contact us](#)

Apple Fig Salad

Ingredients

6 figs (dried or fresh)
2 apples, sliced
2 bananas, sliced
200 gm walnuts, chopped
1 tbsp lemon juice
4 tbsp honey
125 ml yogurt

Preparation

1. If using dried figs, soak them in water for 2 hours.
2. Drain and cut into small pieces.
3. Mix all the above ingredients and serve topped with yogurt.

Dried fig jam

28 oz Dried figs (used both-homemade and commercial)

5 c ;Water

1/2 c Fresh lemon juice

3 c Sugar

Seeds from juiced lemons

1 ts Ground cardamon

1 tb Dark rum

Place figs in 4 qt pot. Add all water , cover pot , bring to a boil remove pot from heat. Let the pot of figs sit for at least an hour to plump them.

Remove figs from the dark water with a slotted spoon. Reserve the water.

Cut stems off figs with scissors and chop figs medium coarse by hand or ina processor.

Add lemon juice and sugar to the fig water. Set water to a second boil, then reduce heat and let simmer for 5-10 minutes. Tie up Seeds into a cheesecloth bundle and drop in fig water. Drop the chopped figs into the fig water. Bring fig jam to another boil, then let simmer for 15-20 minutes. Jam should be slightly thickened.

Remove from heat. Take out the cheesecloth bag. Stir in the rum and cardamom well. Ladle into 1 pint out the cheesecloth bag. Stir in the rum and headspace. Seal jars according to manufacturer's instruction. Process jars for 15 minutes in a boiling water bath.

5 pounds peeled figs
5 pounds sugar
1 lemon sliced

Peel and quarter figs, add sugar and sliced lemon. Let stand two or three hours to draw juice, stir now and then to help dissolve sugar.

When sugar has softened, start cooking. Let come to a rolling boil. Boil 25-30 minutes, stirring constantly so liquid doesn't stick to bottom of pot.

After foam disappears and juice has thickened a little, ladle into hot jars and seal.

FIG PUDDING

1/4 cup butter
1/2 cup sugar
1 egg
1 1/2 cups sifted flour
2 cups chopped dried figs
2 teaspoons baking powder
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup milk
1/2 teaspoon vanilla

Cream the butter, add the sugar and the well-beaten egg. Take out about 2 tablespoons of the flour and mix with the figs. Sift together the remaining flour and the baking powder and salt and add alternately with the milk to the butter and egg mixture. Stir in the flour-coated figs and add the vanilla. Bake in a greased baking dish for about one hour in a moderate oven (350 degrees F.). Serve hot with lemon sauce or hard sauce to which a little lemon juice has been added.

MOM'S FIG PRESERVE CAKE

Cream:

1 cup Crisco
2 cups sugar

Add:
4 beaten eggs
1 teaspoon vanilla
1 cup buttermilk

Sift together:
3 cups flour
1 teaspoon cinnamon
1/2 teaspoon salt
1 teaspoon cloves

Add to other mixture with 1 teaspoon soda dissolved in it.
Beat thoroughly.
Add: 1 cup fig preserves
Bake in tube pan in 325 degrees F. oven for about 1 hour and 20 minutes

FIG CAKE

1 1/2 cup sugar
3/4 cup butter
1 cup milk
4 egg whites, beaten
1 1/2 cups chopped figs
1 teaspoon cinnamon
1 tablespoon molasses
3 cups flour
1/2 teaspoon salt
4 teaspoons baking powder
1 teaspoon lemon flavoring

Cream sugar and butter. Add milk. Sift flour. Measure, sift with salt and baking powder. Add one-half of flour mixture to sugar and butter. Fold in stiffly beaten egg whites and stir in remainder of flour and flavoring. Take out one-third of this mixture. to the remaining two-thirds, add molasses, cinnamon and figs, which have been dredged in two tablespoons of the flour. Pour into well-oiled, slightly floured tube pan. Swirl the remaining one-third light-colored mixture into the dark-colored mixture. bake at 350 degrees F. for about 55 minutes.

CANDIED FIGS

5 pounds fresh figs, small variety preferred
1 1/2 pounds sugar
1/2 cup water.

Wash figs, combine sugar and water. Bring to a boil. Place figs in boiling syrup and simmer one hour, uncovered. cool. Repeat the second day. Third day boil slowly one hour, uncovered. Drain. Place on paper towel and dry in sun for three days. May be frozen.

QUICK-AND-EASY FIG PRESERVES

3 cups figs, cut up
3 cups sugar
1/2 cup lemon juice
1 box strawberry or blackberry gelatin

Combine all ingredients in large saucepan and cook for 15 to 20 minutes. Pour into jelly glasses.

Roast Lamb with Figs

Ingredients
600 gm boneless lamb loin
6 figs-halved
2 tbsp oregano leaves, fresh or dried
1 tbsp olive oil
1/2-cup apple juice
1/2-cup chicken stock
Black pepper and salt to taste

Preparation

1. Seal the lamb in a hot preheated frying pan for a minute on each side.
2. Transfer the lamb to a baking dish, add figs, salt, olive oil, pepper and oregano leaves.
3. Bake it in a preheated oven at 200 degree Celsius till the lamb is well done. 4. This should take around 10-15 minutes.
5. Take out the lamb and figs and cover them to keep warm.
6. Add chicken stock to the juices in the baking tray and cook over medium flame till the content is reduced to half.
7. Slice the lamb and pour the thickened sauce over it.
8. Garnish with creamy mashed potatoes and serve immediately.

Figs and Yoghurt

Ingredients
500 gm Curd
4 figs (dried or fresh)
2 tsp honey

Preparation

1. Thicken curd by hanging it in a muslin cloth for two hours.
2. Add crushed figs and honey and churn till smooth.
3. Prepare in advance and serve cold.

Fig and Apricot Crumble

Ingredients
12 dried figs
12 dried apricots
250 ml orange juice
1 tsp grated orange rind
4 oz sugar
4 oz flour
2 oz butter

Preparations

1. Soak the dried fruits in water for 2 hours.
2. Drain and chop finely.
3. Mix all the ingredients and cook over medium flame till it forms a soft and smooth paste.
4. Allow it to cool and blend in a mixie.
5. Transfer to a serving dish.
6. Blend the sugar, butter and flour together till it resembles breadcrumbs.
7. Pat the flour mixture over the stewed fruit and bake at 180* C till golden brown.
8. Serve with cream.

Honey Baked Fig Tarts

Ingredients

450 gm puff pastry
1 cup ground almonds
1/2-cup honey
60 gms butter
3 eggs
3/4-cup flour
6 figs

Ingredients for Puff pastry

8 oz plain flour
A pinch of salt
7 oz butter

Preparation

1. Few drops of lemon juice
2. Cold water to mix
3. Sieve flour and salt together and mix to a rolling consistency with water and lime juice.
4. Roll into an oblong shape and place the butter in the center.
5. Fold the pastry over the butter.
6. Roll out again and fold dough at least seven times.
7. Leave in a cold place before baking.
8. To make the filling, mix almonds, honey, butter, eggs and flour to a smooth paste.
9. Fill in the tart tins lined with pastry shells.
10. Top with fig slices and bake in a preheated oven at 200 degree Celsius for 15 minutes.
11. Brush with a little extra honey and bake for another five minutes till figs are golden.
12. Serve warm with ice cream or cold custard

Fig and Honey Ice Cream

Ingredients

1 cup milk
1 cup milk powder
1 cup cream
½ cup sugar
10 dried figs stewed in water and pureed
½ cup honey

Preparation

1. Blend the milk and milk powder well. Next blend in the sugar, honey and fig puree and gently fold in the cream.
2. Pour into a container and set.

Fig Pudding

Ingredients

24 dried figs
500 ml milk (boiled and cooled)
4 tbsp custard powder
4 tbsp sugar

Preparation

1. Cut 16 figs into small bits and soak in warm water for an hour.
2. Soak the remaining whole figs in warm water too but in a separate container.
3. Cook the chopped figs slightly in a cup of water and 2 tbsp of sugar.
4. Remove the figs from syrup and place in a glass bowl.
5. In the remaining syrup boil the 8 whole figs.
6. Dissolve the custard powder in a little water and add to the milk.
7. Stir in the sugar.
8. Cook carefully over a low flame until the mixture quotes the back of the spoon and is creamy.
9. Do not let it boil.
10. Keep the custard aside and let it cool.
11. Once cool pour over the chopped figs in a glass bowl and refrigerate.
12. When half set arrange the whole figs as required and set thoroughly.

Green Salad with Blue Cheese, Walnuts and Figs

1/2 pound fresh salad greens, cleaned, dried, and chilled
3 to 4 tablespoons walnut oil
A scant 1/4 teaspoon salt
4 ripe fresh figs (or 4 to 6 dried figs), sliced
1/4 cup crumbled blue cheese
1/4 cup mixed walnuts, lightly toasted

1/4 cup minced walnuts, lightly toasted

Freshly ground black pepper

2 lemons, cut into squeezable wedges

Place the greens in a large bowl. Drizzle in the oil, sprinkle in the salt, and toss until well coated.

Add the figs, blue cheese, and walnuts, and toss gently but thoroughly. Grind in some black pepper.

Serve immediately, and pass a dish of lemon wedges for squeezing over the top of each serving.

Yield: 4 to 6 servings

Preparation time: 10 minutes

· Some walnut oils are far more flavorful than others. I find the imported French brands to have the deepest, toastiest flavor.

Experiment around to find a good walnut oil, and keep it refrigerated so you can use it over time. (A little bit goes a long way.)

· If you don't have walnut oil on hand, go ahead and make this salad with extra virgin olive oil. It will still taste fine.

Dried Fig, Apple and Almond Soup

Makes 6 servings as a tonic.

1/4 cup Chinese almonds (nom hung)

4 to 5 Chinese almonds (buck hung)

3 medium red Delicious apples, unpeeled

8 ounces pork loin, well trimmed

10 Chinese dried figs, rinsed



Dried Fig, Apple, and Almond Soup is a classic yun or harmonizing soup, suitable for any season.

Rinse almonds in several changes of cold water. Soak almonds in 1/2 cup cold water overnight to soften almonds.

Core apples and cut into 1-inch-thick wedges.

In a 4-quart saucepan, bring 2 quarts of water to a boil over high heat. Add pork and return to a boil, skimming any scum that forms. Add the apple wedges, dried figs, almonds and their soaking water. Return to a boil over high heat. Cover, reduce heat to medium-low, and simmer 3 hours. Serve piping hot (no more than 1-1/2 cups per person).

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