

Your Work
How to Handle a Workplace Bully

The go-to place for management
TSA Fumbled Airline Security; Time...

Today
Your Money
Quick and Easy Ways to Boost Returns

- Management
- Strategy
- Work Life
- Insight
- Industries ^{3.0}
- Business Library**
- Video

Find Articles in:

- All
- Business
- Reference
- Technology
- Lifestyle
- Newspaper Collection

Log In | Newsletters |
 ALL BNET
 MY BNET
 AIR BNET
 ART CULINAIRE
 LIBRARY
 STOCKS
 STOCKS
 DIGITAL LIBRARY

Food Industry

Industry: [Email Alert](#) [RSS Feed](#)

0 Comments
AND YOUR OPINION

PRINT
 SHARE
 RECOMMEND **0**

Figs - growth, varieties and usage; includes related article on Chef Michael Cimarusti

[Art Culinaire, Fall, 2002](#)

Previous **1**
3 **4** **5** **6** **7**
8 9 10 • ...
Next **28**

In addition to providing a healthful source of nutrients, figs have other beneficial uses. A milky-white liquid bleeds out of the stems when they are cut. This fluid is called the fig latex and has antibacterial and anti-parasitic properties. Homeopaths or naturalists can use this latex. In the food service industry, the fig latex is also used for rendering fat and tenderizing meat. In addition, as an ingredient in junket, it helps coagulate cheese as well and is considered a thickening agent for many other foods. Oddly enough, it is this very latex that prevents gelatin from setting when combined with figs.

Most Recent

Food Articles

ENET INDUSTRIES

- [American Meat Institute Defies Common Sense on Mechanically Tenderized Meat](#)
- [Pepsi Will Do Fine Without Super Bowl \(and Vice Versa\)](#)
- [More Drama for Nestle in Zimbabwe](#)
- [Whole Foods CEO John Mackey is Global Warming Skeptic](#)
- [New Internet Pressure as](#)

Although figs have been around as long as grains and olives, they tend to be forgotten, more so in America than in Europe. Often overshadowed by the "trendier" new vegetables such as micro greens and heirloom varieties, the fig is not given a second thought until it comes into season each year. However, fresh, peeled, roasted, dried, stewed, candied, pureed, or poached, fig is one of the most easily adaptable products around.

There's no doubt about it; the fig, in all of its sweet or savory glory, will enhance any menu. As new crops ripen each summer, more people will rediscover this timeless and naturally wonderful fruit.

Bibliography

Figs:

California Fig Advisory Board. "History & Fig Facts." <<http://www.californiafigs.com/history/index.html>> (Accessed April 3, 2002).

Lachance, Paul A., and Michele C. Fisher. "Food, Nutraceuticals and Nutrition." Food & Nutrition Press, Inc. Trumbull, Connecticut: June 2000.

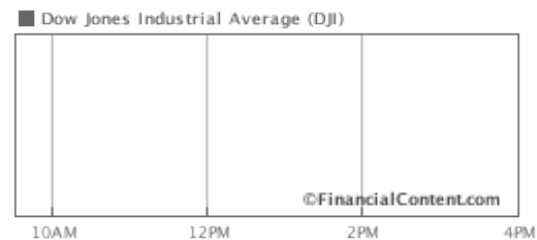
ADVERTISEMENT ▾



Get Get

Dow **Nasdaq** **S&P 500** **News**

Dow 10428.05 - +0.00



[Dumbest Things You Do With Your Money](#)

ADVERTISEMENT ▾

Where the Jobs are

Best Place to Retire

Retire Rich

ADVERTISEMENT ▾

McDonald's Wi-Fi Goes Free

• [More »](#)

Root, Waverly. Food. New York: Simon and Schuster, 1980.


RELATED ARTICLE: [michael Cimarusti The Water Grill Los Angeles, CA](#)

Being of formidable size, Michael Cimarusti can appear intimidating at first glance. Actually, he's just an affable guy who has an obsession with cooking--and anything fishy. At the Water Grill, his goal is to revive L.A., gastronomically speaking. After all, in a city of "see and be seen," where waistlines and wrinkles are constantly scrutinized, people do have to eat. It also helps that the popular Zone and Atkins Diets are fish f-friendly--a very important accommodation in restaurants in L. A.

Most chefs might feel constrained by focusing so heavily on fish. However, for Cimarusti, there is nothing limiting about having a menu heavily accented with all things fishy. Tentacles and claws are great mediums to stage his ability and style.

Cimarusti acquired most of his training in New York City. Perhaps the most significant position he held during his "growing" years was at the original Le Cirque, when owner Sirio Maccioni still worked the door. He eventually opened Circo, the first addition to the Maccioni restaurant group. Here, he cooked in the brigade of Sylvain-Portay and later, in that of Sottha Khun. He eventually realized his desire to go to work with some of the culinary legends in Europe.


The dream of working in French kitchens eventually became a reality. Both Michael and his wife, Cristina, a pastry chef, spent a year in France traveling together and learning with great chefs. On Michael's first day at L'Arpege, three-star Michelin Chef Alain Passard announced to his staff, "No one should speak anglaise to the Americane." Michael understood that he would never fully absorb the French experience if language were a barrier.


[Previous](#)
1

3
4
5
6
7

8
9
10
...

28

[Next](#)


in



Search

BNET Talkback

Share your ideas and expertise on this topic






Please add your comment:



Content provided in partnership with



Most Recent Home & Garden Articles

-  [THE LAST WORD IN ASTROLOGY](#) December 1, 2009
-  [THE LAST WORD IN ASTROLOGY](#) December 2, 2009
-  [WOMAN FEARS SHE MAY LOVE NEWFOUND FAMILY TOO MUCH](#)
-  [DOGS' LEFTOVERS SHOULD GO HOME WITH THEIR OWNERS](#)
-  [Be the belle of the bash!](#)

Most Recent Home & Garden Publications

1. You are currently: a Guest | [Log in](#)

2.

3.

4. Alert me when new comments are added

5.

Basic HTML tags that work in comments are: bold (), italic (<i></i>), underline (<u></u>), and hyperlink (<a href>)

Most Popular Home & Garden Articles

Most Popular Home & Garden Publications



[Site Help & Feedback](#) | [About BNET](#)

Popular on CBS sites: [SEC Football](#) | [NFL](#) | [Video Game Cheats](#) | [iPhone](#) | [Video Game Reviews](#) | [Notebooks](#) | [Antivirus Software](#)

[About CBS](#) | [Other CBS Interactive Sites](#) | [Mobile](#) | [RSS](#)

[BNET US](#)

[BNET AU](#)

[BNET UK](#)

[BNET China](#)

© 2010 CBS Interactive Inc. All rights reserved. | [Privacy Policy \(updated\)](#) | [Terms of Use](#) | [Site Map](#)