



Figs are now local and plentiful as well as being nutritious and delicious, thanks to a combination of climate change and our multicultural population.

Fig and Banana Walnut Muffins

INGREDIENTS:

- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 6 ounces dried calimyrna figs or 6 ounces black mission figs, stems trimmed, cut into 1/4-inch pieces
- 1/2 cup coarsely chopped walnuts
- 1 1/2 cups mashed ripe bananas
- 2/3 cup packed light brown sugar
- 1/3 cup unsalted butter, melted
- 1 large egg
- 1 teaspoon vanilla extract

DIRECTIONS:

Preheat oven to 350°; lightly butter 20 muffin cups (or coat them with cooking

spray).

Add 2 tablespoons water each to any empty muffin cups.

In a bowl, mix the flour, baking powder, baking soda, cinnamon, and salt together; add in the figs and chopped walnuts; toss to coat.

In another bowl, whisk the banana, brown sugar, melted butter, egg, and vanilla together until blended; add to dry ingredients all at once; fold in until evenly moistened.

Divide batter among muffin cups; sprinkle tops evenly with broken walnuts.

Bake 20-22 minutes until tops are golden and pick comes out clean.

Cool on a wire rack before removing the muffins from pan.

Refrigerator Calimyrna Figgy Jam

Makes 1 3/4 cups.

INGREDIENTS:

- 1 teaspoon finely grated orange zest
- 1/2 cup fresh orange juice
- 1 lb fresh Calimyrna figs (about 15 or 16), quartered
- 1/4 cup agave nectar, light or dark
- 2 tablespoons sugar

DIRECTIONS:

Combine all the ingredients in a medium saucepan and bring to a boil. Reduce the heat to medium and cook, uncovered, until the mixture thickens and reduces, about 30 minutes.

Store in the refrigerator in a container with a tightly fitting lid for up to one week.

Fabulous Fig Bars

INGREDIENTS:

For the Dough:

- 1 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1 1/2 tsp. baking powder
- 3/4 tsp. ground cinnamon
- 12 Tbsp. (1 1/2 sticks) salted butter, at room temperature
- 3/4 cup packed light brown sugar
- 1 Tbsp. honey
- 1 1/2 tsp. vanilla extract
- 1 large egg, at room temperature
- Baking spray with flour, for the pan

For the Filling:

- 12 oz. dried mission or Turkish figs, stemmed and quartered
- 1/2 c. applesauce
- 2 Tbsp. orange juice
- 1 Tbsp. honey

DIRECTIONS:

1. *For the dough:* Preheat the oven to 350°F.

2. In a medium bowl, whisk together the all-purpose flour, whole wheat flour, baking powder, and cinnamon until combined.

3. In a stand mixer fitted with the paddle attachment, combine the butter, light brown sugar, and honey on low speed. Increase the speed to medium and beat until light and fluffy, 2 to 3 minutes. Beat in the vanilla and egg, scraping the bottom and sides of the bowl. Decrease the mixer speed to low, and gradually add the flour mixture to the butter mixture, mixing until the dough just comes together.

4. Line a 9-inch square baking pan with plastic wrap, leaving a 2-inch overhang.

Remove half the dough from the stand mixer and press it evenly into the bottom of the pan. Using the plastic wrap overhang as handles, lift out the dough square, wrap it tightly in the plastic, and freeze on a flat surface until ready to use.

5. Spray the baking pan with baking spray. Line the pan with parchment paper, leaving a 2-inch overhang. Spray the parchment. Press the remaining dough evenly into the bottom of the pan. Cover and freeze until ready to use.

6. *For the filling:* In a food processor, pulse the figs, applesauce, orange juice, and honey until a smooth, thick paste forms, stopping to scrape the bottom and sides of the bowl as necessary.

7. Remove both pieces of dough from the freezer. Dollop the fig mixture onto the crust in the pan, then carefully spread it until smooth and even. Unwrap the second crust and place it on top of the fig mixture, pressing lightly to compress.

8. Bake until the top is light golden, 35 to 40 minutes. Allow to cool completely (at least 2 hours) before slicing into bars.



Fig bars are a lunch box treat.

Sweet and Spicy Fig Spread

This super easy (no canning skills needed) Sweet and Spicy Fig Spread makes a delicious appetizer with crackers and cheese, but it's also a fabulous pizza base, sandwich spread, glaze for chicken, pork or beef.

INGREDIENTS:

- 20 ounces dried figs any hard stems removed
- 2 cups granulated sugar
- 3 cups water
- 1/2 cup white balsamic vinegar
- 2-4 teaspoons chili garlic sauce
- 2 tablespoons fresh lemon juice

INSTRUCTIONS:

1. Chop each fig into 4-6 pieces. Wash enough jars to hold 24-ounces in hot soapy water and rinse well. Set aside.

2. Combine figs, sugar, water, balsamic vinegar and chili garlic sauce in a medium-large saucepan over medium heat.

3. Bring to a boil then reduce to a steady, rolling simmer. Cook for 10 minutes, stirring occasionally.

4. Pulse/blend the jam with an immersion blender until large pieces are gone but jam is still has some texture.

5. Cook for another 5-10 minutes until jam is thickened to desired state. Add the lemon juice and stir well. (It will get a bit thicker as it cools).

Take a taste of the jam and add more chili garlic sauce, if you'd like it to be a little spicier.

6. Transfer to jars with tight-fitting lids. Refrigerate for up to 2 weeks or freeze for 2-3 months.

PRICES SUBJECT TO CHANGE

Ground cinnamon	100g	\$3.69
Applesnax applesauce	620ml	\$5.69
Dried Black Mission figs	230g	\$7.89
Dried Turkish figs	230g	\$9.79
Chopped walnuts	230g	\$3.99
Unsalted butter Natrel	454g	\$8.49
Brown sugar	2kg	\$11.79
Agave syrup Wholesome blue agave syrup	240g	\$11.49
White balsamic vinegar Jesse Tree Foods	500ml	\$7.49
Chili garlic sauce Huy Hong Foods	481ml	\$8.49
Vanilla extract imitation	57ml	\$1.99



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