



Savor the honeyed sweetness of summer's most alluring, elusive fruit.

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## *Baked*

**FRESH FIG GALETTE**  
Transformed by the oven's heat, figs' flavor deepens to a rich, jammy intensity.  
*Recipe p. 128*



*Dressed*

**SUMMER FIG AND WATERMELON SALAD**

A pop of acidic vinaigrette balances ultrasweet figs.

*Recipe p. 128*



*Grilled*

**GLAZED CHICKEN AND FIG SKEWERS**

Over the fire, figs caramelize and take on smoky flavor.

*Recipe p. 128*

# Pick YOUR Figs

**AFTER A QUICK VISIT IN JUNE**, figs make a short comeback in August, so get busy grilling, baking, or simply eating them fresh. Figs keep, refrigerated, for 3 to 4 days. Store in a single layer on a paper towel and lightly cover with plastic wrap, or place in an egg carton for extra protection. You can also freeze them for up to 6 months; they will be very soft when thawed (best for cooked or pureed uses). Here are some of the most common varieties.

## BROWN TURKEY FIGS

This variety has very tender, velvety brown skin that bruises easily. Sweet and juicy with notes of hazelnut in their mild flavor, they are delightful in salads and work well in desserts.

## DESERT KING FIGS

Deep green skins reveal strawberry-hued, melt-in-your-mouth flesh that's very, but not overwhelmingly, sweet.

## STRIPED TIGER FIGS

When fully ripe, these yellow and green fruits have a prominent sweet berry flavor. They are just as great in desserts as in savory applications.

## BLACK MISSION FIGS

These are small and dense with tough purple-green skin and slightly sticky, dark pink flesh. They have a rich, jamlike flavor, pairing well with savory ingredients like salt, herbs, and spices. These figs also go well with cheese.

## CALIMYRNA FIGS

This variety boasts pale yellow skin, pale pink, juicy flesh; and a delicate honeylike, nutty flavor. Grilling brings out their caramel notes and softens their texture.

## Simmered

### LAMB CHOPS WITH FRESH FIG PAN SAUCE

Figs combine with herbs and wine for a rich, savory sauce.

*Recipe p. 126*

## Preserved

Fig preserves are among the easiest to make because the fruit mixture thickens beautifully on its own without added pectin.



### SMALL-BATCH FIG JAM

**Hands-on: 10 min.**

**Total: 60 min.**

Consider this jam a “refrigerator preserve,” but you can process it for canning, if you wish. Enjoy it spread on whole-grain bread or scones.

- 3 lemons
- 1½ cups sugar
- ¼ cup honey
- 3 tablespoons fresh lemon juice
- 3 thyme sprigs
- 2 pounds ripe fresh Black Mission figs, stemmed and quartered

**1.** Remove strips of rind from lemons using a vegetable peeler, avoiding white pith. Combine rind strips and remaining ingredients in a large, heavy saucepan or large Dutch oven; bring to a boil over medium-high heat. Reduce heat to medium; cook 50 minutes or until mixture thickens, stirring frequently to prevent sticking. To test for doneness, place a small amount on a chilled plate. Tilt the plate; preserves should move sluggishly. (If testing with a candy thermometer, it should read 220°.) Discard thyme and lemon rind strips.

**SERVES 24** (serving size: 2 tablespoons)

**CALORIES** 132; **FAT** 0.2g (sat 0g, mono 0g, poly 0.1g); **PROTEIN** 0g; **CARB** 34g; **FIBER** 2g; **CHOL** 0mg; **IRON** 0mg; **SODIUM** 1mg; **CALC** 21mg

## 5 MORE WAYS TO love figs

Try our easy ideas for celebrating the fruit.

### STUFFED

**1.** Quarter figs, cutting two-thirds down but not through the bottom. Stuff with blue, goat, or feta cheese.

### CRISPED

**2.** Halve figs lengthwise. Wrap each half with a ½-inch-thick strip of prosciutto. Grill until prosciutto is crisp.

### TOPPED

**3.** Top prepared pizza dough with fontina cheese and sliced fresh figs; bake until done. Top pizza with arugula.

### BROILED

**4.** Sprinkle halved figs with brown sugar, and broil until sugar is bubbling. Cool until sugar hardens slightly.

### DIPPED

**5.** Dip bottoms of figs in melted bittersweet chocolate; place on a parchment-lined baking sheet. Chill until set.

## SWEET FIG SMOOTHIES

**Hands-on: 5 min. Total: 6 min.**

This recipe offers a great use for figs that are very ripe (or even overripe) and need to be used soon. The riper the fig, the sweeter and more delicious in this creamy breakfast drink.

- 1 cup ice cubes
- $\frac{3}{4}$  cup plain fat-free Greek yogurt
- $\frac{1}{2}$  cup almond milk
- $1\frac{1}{2}$  tablespoons honey
- 1 tablespoon fresh orange juice
- 6 large ripe fresh figs (any variety), stemmed and halved

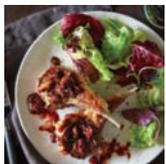
1. Place all ingredients in a blender; process 1 minute or until completely smooth. Divide mixture evenly among 3 glasses.

**SERVES 3** (serving size: about 1 cup)  
**CALORIES** 249; **FAT** 1.3g (sat 0.1g, mono 0.1g, poly 0.3g); **PROTEIN** 9g; **CARB** 55g; **FIBER** 6g; **CHOL** 0mg; **IRON** 1mg; **SODIUM** 79mg; **CALC** 176mg



*Pureed*

Figs are downright sublime blended in a smoothie—the perfect way to use up fruit that is overly soft or slightly bruised.



## LAMB CHOPS WITH FRESH FIG PAN SAUCE

**Hands-on: 25 min.**

**Total: 45 min.**

Fresh figs cooked with red wine provide the perfect foil for rich lamb rib chops.

- 1 tablespoon extra-virgin olive oil, divided
- $\frac{1}{4}$  cup finely chopped shallots
- 8 ounces fresh Brown Turkey or Black Mission figs, stemmed and cut into pieces
- $\frac{3}{4}$  teaspoon salt, divided

- $\frac{1}{2}$  teaspoon freshly ground black pepper, divided
- $\frac{1}{2}$  cup shiraz or other spicy red wine
- $\frac{1}{4}$  cup unsalted chicken stock
- 1 bay leaf
- 1 tablespoon honey
- 1 tablespoon cider or balsamic vinegar
- 1 teaspoon chopped fresh rosemary
- 12 (3-ounce) lamb rib chops, trimmed

1. Preheat oven to 400°.  
2. Heat a medium saucepan over medium-low heat. Add 2 teaspoons extra-virgin olive oil; swirl to coat. Add shallots; cook for 7 minutes or until tender, stirring

frequently. Add figs; mash with a potato masher to break them up. Cook for 3 minutes or until figs start to break down, stirring frequently. Stir in  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon black pepper.

3. Increase heat to medium-high. Add wine; boil for 1 minute. Stir in stock and bay leaf. Reduce the heat to medium-low; simmer 10 minutes or until sauce thickens, stirring occasionally. Add honey and vinegar; simmer 5 minutes. Remove from heat; discard bay leaf. Stir in rosemary; cover and keep sauce warm.

4. Heat a large cast-iron

skillet over medium-high heat. Brush lamb with remaining 1 teaspoon oil; sprinkle evenly with remaining  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon pepper. Add lamb to skillet; sear 2 minutes on each side. Place pan in oven; bake at 400° for 4 minutes (for medium-rare) or until desired degree of doneness. Remove pan from oven; remove lamb from pan. Let lamb stand for 5 minutes before serving. Serve with sauce.

**SERVES 6** (serving size: 2 chops and about  $2\frac{1}{2}$  tablespoons sauce)  
**CALORIES** 238; **FAT** 9.3g (sat 2.8g, mono 4.7g, poly 0.8g); **PROTEIN** 22g; **CARB** 13g; **FIBER** 1g; **CHOL** 68mg; **IRON** 2mg; **SODIUM** 363mg; **CALC** 33mg



**FRESH FIG GALETTE**

**Hands-on: 15 min.**

**Total: 1 hr. 50 min.**

**STAFF FAVE** *Almond meal is nothing more than finely ground almonds; it adds a rich, crumbly texture and nutty flavor to the crust of this free-form tart.*

- 6.75 ounces unbleached all-purpose flour (about 1 cup)
- 4 1/2 tablespoons almond meal
- 2 tablespoons sugar, divided
- 3/8 teaspoon salt
- 7 tablespoons cold unsalted butter, cubed
- 3 tablespoons canola oil
- 3 tablespoons ice water
- 1 pound fresh Black Mission or Brown Turkey figs, stemmed and quartered lengthwise
- 2 teaspoons lemon juice
- 1 tablespoon sliced almonds, toasted

1. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Place flour, almond meal, 1 tablespoon sugar, and salt in a food processor; pulse to combine. Scatter butter into processor; pulse until mixture resembles coarse meal. Drizzle in oil; pulse to combine. Add ice water; pulse just until combined. Turn mixture out onto a sheet of plastic wrap; pat into a disk. Wrap in plastic wrap; refrigerate 1 hour.
2. Preheat oven to 400°.
3. Place figs in a large bowl. Sprinkle with remaining 1 tablespoon sugar and lemon juice; toss gently to combine.

4. Unwrap dough. Roll dough on plastic wrap into a 12-inch circle. Arrange dough on a baking sheet lined with parchment paper. Spoon figs onto dough, leaving a 2-inch border. Fold edges of dough over filling to partially cover. Bake at 400° for 35 minutes or until fruit juices bubble and crust is browned. Remove from oven; sprinkle with almonds. Cut into 10 wedges.

**SERVES 10** (serving size: 1 wedge)  
**CALORIES** 242; **FAT** 14.4g (sat 5.6g, mono 5g, poly 1.7g); **PROTEIN** 3g; **CARB** 26g; **FIBER** 2g; **CHOL** 21mg; **IRON** 1mg; **SODIUM** 92mg; **CALC** 23mg



**SUMMER FIG AND WATERMELON SALAD WITH FETA**

**Hands-on: 15 min.**

**Total: 15 min.**

*Balsamic glaze is a syrup of concentrated, cooked-down, sweetened balsamic vinegar; it adds a sweet and tangy element to this refreshing salad. Look for it near the vinegar.*

- 2 cups cubed seedless watermelon
- 1/2 cup thinly vertically sliced red onion
- 2 large fresh Calimyrna or other green-skinned figs, stemmed
- 2 large fresh Brown Turkey, Black Mission, or Striped Tiger figs, stemmed
- 1 ounce crumbled feta cheese (about 1/4 cup)

- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1 teaspoon honey
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh basil
- 2 tablespoons balsamic glaze
- 1/4 teaspoon coarse sea salt
- 1/4 teaspoon freshly ground black pepper

1. Arrange watermelon on a serving platter; top evenly with onion.
2. Halve figs lengthwise; arrange figs on platter; sprinkle with cheese.
3. Combine oil, juice, and honey, stirring with a whisk. Drizzle over salad; sprinkle with mint and basil. Drizzle balsamic glaze over salad; sprinkle evenly with salt and black pepper.

**SERVES 4**  
**CALORIES** 147; **FAT** 5.7g (sat 1.9g, mono 3g, poly 0.6g); **PROTEIN** 2g; **CARB** 23g; **FIBER** 2g; **CHOL** 8mg; **IRON** 1mg; **SODIUM** 227mg; **CALC** 80mg



**GLAZED CHICKEN AND FIG SKEWERS**

**Hands-on: 25 min.**

**Total: 45 min.**

*Because they will cook more quickly than the chicken, skewer the figs separately.*

- 3/4 cup port wine
- 1/2 cup balsamic vinegar
- 2 tablespoons honey
- 1 thyme sprig
- 1 1/4 pounds skinless, boneless chicken breasts, cut into 24 (3/4-inch) pieces
- 4 large shallots, quartered
- 16 sage leaves
- Cooking spray

- 1 teaspoon coarsely ground black pepper, divided
- 1/2 teaspoon salt
- 12 firm fresh Striped Tiger or Black Mission figs, halved vertically
- 2 teaspoons fresh thyme leaves

1. Combine first 4 ingredients in a small saucepan over medium-high heat. Bring to a boil; cook 15 minutes or until reduced to 1/2 cup. Discard thyme sprig.
2. Preheat grill to high heat.
3. Thread 3 chicken pieces, 2 shallot quarters, and 2 sage leaves alternately onto each of 8 (8-inch) skewers. Coat with cooking spray. Sprinkle evenly with 3/4 teaspoon pepper and salt. Thread 6 fig halves onto each of 4 (8-inch) skewers, cut sides facing the same direction. Coat with cooking spray; sprinkle with remaining 1/4 teaspoon pepper.
4. Arrange chicken skewers on grill rack coated with cooking spray; grill 12 minutes, turning to brown all sides. Brush chicken skewers with half of wine mixture during final minute of cooking. Arrange fig skewers, cut side down, on grill rack; grill 3 minutes. Turn fig skewers over; grill 1 minute. Arrange skewers on a serving plate. Drizzle with remaining wine mixture; sprinkle with thyme leaves.

**SERVES 4** (serving size: 2 chicken skewers and 1 fig skewer)  
**CALORIES** 477; **FAT** 10.6g (sat 2g, mono 6.2g, poly 1.7g); **PROTEIN** 31g; **CARB** 54g; **FIBER** 5g; **CHOL** 78mg; **IRON** 2mg; **SODIUM** 380mg; **CALC** 105mg