

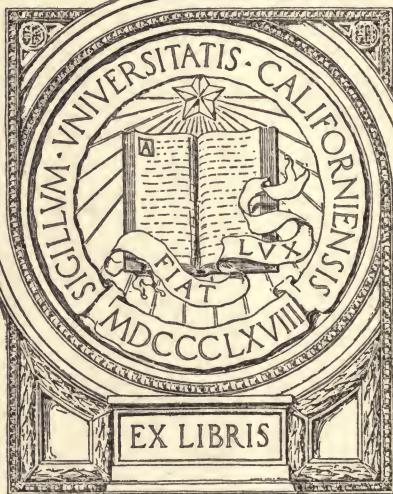
TX
813
F5
F6

THE
J.C. FORKNER
FIG GARDENS
RECIPES



GIFT OF

J.C. Forbmer



AGRIC.
LIBRARY



Digitized by the Internet Archive
in 2006 with funding from
Microsoft Corporation

W. H. Forrest



The J. C. Forkner



IG

—gardens
recipes

UNIV. OF
CALIFORNIA

*How to Serve Figs
in the Home*

Fresno, California

TX813

F5F6

AGRIC.
LIBRARY

gift 8



COPYRIGHT

1919

BY

J. C. FORKNER





Fresno County, California, Palms

415559

FRUITAGE SHOWN IN PLANTINGS OF THE MISSION FATHERS—

The dried fig of commerce is one of the first and most favored of the fruits spoken of in the history of civilization, the fruit first produced around Jerusalem and Damascus.

There are but a few favored sections along the Mediterranean Ocean where the fig of commerce can thrive. No other section in all the world has been discovered, for thousands of years, where this fig of commerce can be grown properly—except in the San Joaquin and the Sacramento Valleys of Central California.

The findings of forty years, years of patient endeavor and of exhaustive experiments, have determined that this west-coast section, in soil and in climate, peculiarly favors the fig that has made famous the far-away Valley of Maeander, Asia Minor.

Moreover, the history of the fig in California is fraught with interest, and has to do with the sacrificial wanderings of the Franciscan Fathers, who traversed—during the pre-territorial period—the then

wastes now included within the boundaries of the Golden State.

Wherever there was left the impress of the Mission Father, there has ever been in propagation the little Black Fig of pleasant fruitage.

Aside from other now world-famous fig-tree growths of the San Joaquin (California) Valley, the six thousand acres of Fig Gardens, comprising the J. C. Forkner Fig Gardens, just north of the city of Fresno, give emphasis to the claims made for the Central California section.

This six-thousand-acre tract of fig gardens has been and is being divided into the smaller, individual holdings, bringing into being a community of prosperous homes—the beginning of the larger development now in the planning.



FOOD VALUE

OF THE COMMON FIG—

The **Ficus Carica**, or common fig, is but one of more than an hundred species of a most interesting fruit which, from the earliest of ancient times has, in its varying forms, been accorded not only a place of importance but of honor and of reverence.

Biblical records mention the fig as clothing, as food, as medicine, and, in the matter of clothing, were it still “the fashion to wear ‘em” the Fig Leaf would be particularly enhanced in value—a fact due to the infinite variety of its pattern, two leaves, even on the same tree, never being found exactly alike—featuring “exclusive designs.”

In the matter of food values, according to scientific analysis, the fig has no equal. In its component parts, there is nothing of refuse; the fig carries the minimum of water; in protein the fig is rated at 4.3; in fat, .3; in carbo-hydrates, 74.2; in ash, 2.4, approximating in fuel, flesh-sustaining value per pound in calories 1475.

The only other fruits approaching the fig in these vital essentials are the date and the prune—all others carrying but 370, and less, of calories.

HEALTHFULNESS

A FIG CHARACTERISTIC—

Either green or dried, the fig has no superior in healthfulness among the fruits of common usage, and in food values holds a place entirely its own.

The large amount of sugar carried by the fig is most nourishing, and, being one of nature's best laxatives, pleasant to the taste, mild yet positive in effect, easily displaces the decidedly acid fruits.

In addition to the wholesome qualities of the fig, there is no fruit which, dried or preserved by some method of cooking, so retains or so transforms its charms into equal attractiveness.

The fig is quite unique in being as agreeable dried as in its original, fresh juciness—and its saccharine quality is greater.



FACTS ABOUT FIGS

AND HOW TO USE THEM—

TO EAT FRESH FIGS—

When figs are served at the table uncooked, hold them by the stem and, with a small knife, cut the fruit across twice, at right angles, downward as far as the stem. Thus quartered, the pulp will open and hang slightly outward but will not become entirely detached. Then with the knife separate the pulp from the skin, gently scraping it toward you, from the center, or stem-heart, downward. By this method one secures the entire pulp without the skin, and in convenient bits for eating.

TO FRESHEN FIGS—

Place dried figs in an enamelled colander and steam until soft and filled out in appearance. Remove and prepare further for cooking as desired, or roll in confectioners' sugar and set aside to partially dry before serving. A drop of tart fruit juice and a little sugar may be placed inside the fig.

TO SERVE FIGS—

If the figs are of the dried order, they should be washed, drained and chilled.

DAINTY DELIGHTS

TOASTY TEASERS—

Wash carefully and in boiling water cook until tender a half-pound of pulled figs, add one-fourth cup of sugar and the grated rind and juice of half a lemon. Cook until the syrup is well reduced. Cut the crust from a thick slice of bread and saute to a golden brown, first on one side and then on the other, in two tablespoonfuls of hot butter. Drain the bread on soft paper; then heap the figs upon it, cover with two-thirds of a cup of thick cream, and a scant fourth cup of sugar, beaten until stiff. Serve at once. Sponge cake may be used in the place of bread.

FIG FLUFF-DUFF—

Stew one cup of dried figs until tender, then put through a colander and mix with one cup of sugar in which has been sifted a teaspoonful of cream of tartar. Beat thoroughly the whites of five eggs with a pinch of salt and when perfectly stiff add the yolks of two eggs and whip again. Now mix lightly, a little at a time, with the figs and sugar and place in a buttered baking dish. Sprinkle over the top one-half cup of fine-chopped nuts and bake for fifteen minutes. Serve this with cream, plain or whipped.

FIG FOAM—

Make an orange or lemon gelatine jelly. (With a plain gelatine it is best to follow directions given by the manufacturers of the particular brand one uses, as they know best the strength of their gelatine, using, however, in a warm climate one cup less of water than that recommended.) With this as a foundation, when the gelatine begins to harden slightly on being removed from the stove and whipped in process of cooling, add the well-beaten whites of two eggs and one cup of chopped figs. Place in a mould and set on ice to chill.

THE J. C. FORKNER FIG GARDENS RECIPES

MIDWINTER MACEDOINE—

Five or six cooked figs, one banana, one grapefruit or two oranges.

Cut the figs in smooth slices, scrape the banana and cut in thin slices; remove the grapefruit or orange pulp in neat pieces from the respective fruits, cut in halves. Save all of the juice. Dispose the fruit in glass or china saucers, reserving a slice of banana and five or six slices of the fig for each saucer; divide the fruit juice among the dishes; set the slices of banana in the center and arrange the slices of figs from the banana to the edge, like the spokes of a wheel. Sprinkle with powdered sugar before finishing the dishes, or pass the sugar at time of serving.

ANGELS' DELIGHT—

Use one pound dried figs. Soak in cold water until soft, then stew slowly until tender. Add sugar enough to make a rich, heavy syrup, and flavor with a few drops of vanilla. Cool and turn into a glass dish. Just before serving, cover the figs with whipped cream which has been sweetened and flavored with vanilla. Serve small plain cakes or wafers with it.

DORA CHRISTY WHIP—

Five cooked figs, four whites of eggs, one-half cup of sugar, one-fourth teaspoonful of salt. Boiled custard made of one pint of milk, yolks of four eggs, one-third cup of sugar, one-fourth teaspoonful of salt.

Cut the figs in tiny bits; beat the whites dry; gradually beat in the sugar and salt, then fold in the figs. Turn into a buttered-and-sugared dish. Bake on many folds of paper and surrounded with boiling water. The water should not boil during the cooking. The whip or soufflé, is done when firm in the center. Serve hot with boiled custard, or with cream and sugar.

FIGS, BANANAS AND NUTS—

Four figs, four bananas, two tablespoons powdered sugar, one-fourth cup chopped nut meats.

Peel, scrape and slice bananas; wash, dry and chop the figs; spread figs over the bananas; sprinkle with sugar and nut-meats, and serve with cream.

Grape-nuts may be used instead of nut-meats.

WARD WHIP—

Peel fresh figs, sprinkle with enough sugar to sweeten them, chop very fine; let stand until the sugar is dissolved; then to one cup of the mixture whip in the whites of two eggs thoroughly whipped and scalded. Set away to cool. Serve with cake.

A BEHEN TEMPTATION—

Take large white figs, as many as are desired, for five minutes steam them over hot water; remove from the steamer and while yet warm press each fig down flat and round, and place the half of a walnut in the center of each.

DAINTY BETTY ROLLS—

Chop soft figs fine, putting flour on the chopping knife to keep the figs from sticking to the knife; add an equal quantity of pecan meats; mix with cream until it will spread readily. Use brown-bread, free from crusts, and cut very thin. Roll each sandwich and hold with a wooden toothpick.

MARA ELLA TOAST—

Six eggs beaten separately; three-fourths of a cup of butter; one cup of sugar; one-half pound of chopped walnuts; one pound of chopped figs; six tablespoons of fine bread crumbs.

Cream the butter and the sugar, add the egg-yolks well beaten; add the figs and the nuts which have been chopped or cut into small pieces. Mix in the baking powder and crumbs and add to the mixture; lastly, add the well-beaten egg-whites.

Bake in rather a thin sheet in a moderate oven. Serve with whipped cream as a frosting.

ELLETA S. MACAROONS—

One cup of sugar; two-thirds of a cup of butter; two eggs; stir until light and creamy; two cups of sifted flour; two-thirds of a teaspoon of soda; one teaspoon of salt; one teaspoon of cinnamon.

Sift the flour, soda, salt and cinnamon together; add to the sugar, butter and egg mixture; then add two cups of rolled oatmeal, put through a grinder; one cup of shredded raisins; one cup of chopped nuts; one cup of shredded figs. Mix thoroughly. Drop by teaspoonfuls on a greased pan; bake rather slowly.

FIG FOLLIES—

Use any good sponge cake. To make the "follies," or balls, cut the sponge cake into one-inch squares, or a little larger, nipping off the corners with a knife; dip into "Boiled Frosting," then roll in a mixture of chopped figs and nuts.

FIG SPECIALS

APPLES STUFFED WITH FIGS—

Select plump, juicy dried figs, wash them, carefully pinching them into their natural shape; select good, firm apples, wash them, scoop out the cores, and into these holes press two or three whole figs; place them in a baking-pan and bake in a hot oven; while baking baste them with a syrup made from the juice of half a lemon, two tablespoons of sugar and a half-cup of water.

The secret of making good baked apples is to have them thoroughly baked, but not baked in pieces. If when they look done they are soft to the core, cover the baking dish and let them steam for a few minutes; remove the cover and brown the fruit slightly. These apples may be served either alone or with Hamburg cream.

FIG AND NUT SOUFFLE—

Press one cup stewed figs through a colander, add one-half cup sugar mixed with one teaspoon cornstarch, or cool and add two beaten egg yolks and a little lemon juice. Fold in the stiffly beaten whites of five eggs, turn into a buttered dish, sprinkle with minced nuts and bake twenty minutes in a pan of water. Serve with boiled custard made of the remaining egg yolks.

FIG CONSERVE—

Two pounds of fresh figs, or one quart of plain canned figs; one orange, one and one-half pounds of sugar, one-half cup of pecans (shelled), one-half pound of raisins. Cut all, except nuts, into small pieces and cook until thick and transparent (about one hour). Add nuts five minutes before removing from stove. Pack and seal hot. Process pint jars for thirty minutes at 180 degrees Fahrenheit in a water bath.

A "LELL" CHARTREUSE—

Wash one-half pound of figs in warm water and drain. Barely cover with cold water and soak over night. Place in a double boiler and cook very slowly until tender, then pour off the juice. Wash one cupful of rice and drop into a kettle of slightly salted water and boil for ten minutes. Drain and place in a double boiler, and from time to time add a little milk until very soft and the milk is all absorbed, then stir in one tablespoonful of sugar. Have ready a buttered mold. Line bottom and sides with the rice, place the figs in the center and cover with the rest of the rice. Measure the fig juice, add water if necessary, to make one pint, add one-half cupful of sugar and boil for ten minutes. Bake the chartreuse for fifteen minutes in a slow oven, then turn out. Serve with the fig syrup, to which is added a little vanilla.

FIG-APPLE SHORTCAKE—

One-half pound figs, four tart apples, one-half cup of water, one-third cup of sugar, one-fourth teaspoon of nutmeg. Wash and chop the figs; pare, core and slice the apples; simmer with the figs, water, sugar and nutmeg until thick enough to spread. Spread between and on top of shortcake.

COMPOTE OF FIGS—

One pound of pulled figs, two cups of water, one-fourth cup of sugar, four teaspoons of lemon-juice, one cup. of cream, one-fourth cup of powdered sugar.

Soak figs in water, then press into shape. Mix sugar and water, boil until syrupy, add lemon-juice. Arrange figs on serving dish; cover with syrup; garnish with sweetened cream, beaten until stiff, pressed through pastry bag and tube.

RAYBOURNE COMPOTE—

One pound of figs, one pound of sugar, one thick slice of a lemon; simmer the figs, covered with water, for an hour; when cool, remove the figs, press into natural shape and pile on a glass dish. Take the water in which the figs were cooked, add the sugar to sweeten, and the slice of lemon; boil until a thick syrup. Pour the syrup over the figs. Serve cold with whipped cream.

FIG CROQUETS—

When making rice croquets, have ready some figs which have been plumped in hot water. Dust each fig with sugar and a little cinnamon, and place in the center of the croquet. Cook as usual.

FIG SQUARES—

Cook ripe, peeled figs slowly in double boiler with a little sugar and flavoring (if desired), till smooth and thick. Almonds may be added while cooking. Pour into shallow moulds or pans and dry slowly in sun, oven or dryer; when perfectly dry, cut in squares or strips and wrapping in oiled paper store in dry place. These may be used for cookery as are the commercial figs.

FIGS AND MACARONI, OR FIGS AND DRIED-APPLE SAUCE—

Cook two cups of dried figs with enough water to well-cover; when nearly done put about a cup of sugar over them. Be sure that there is about a cup of juice when the figs are done. In another pan, cook about two cups of macaroni in boiling salt water until done; put figs and macaroni in separate dishes, but when served combine them. Dried apples, instead of the macaroni, is used with pleasing results.

MAY-IRENE CREAMS—

Wash the figs and put them in a saucepan with just enough water to cover them and with a half-cup of granulated sugar. Simmer until the figs are tender when pierced with a fork. Take from the fire and spread on a plate to cool. Add a cup of sugar to the liquid and boil to a rather thick syrup. Take from the fire and pour over the figs. When very cold put into a glass dish and just before sending to the table, heap whipped cream on top. Eat with light cake.

PARISIENE COMPOTE—

Five oranges cut fine; four bananas cut thin; one cup of Malaga grapes, cut; one cup of fresh figs, cut; one cup of walnut meats; the juice of one lemon. Sprinkle with sugar and one-half teaspoon of cinnamon; cover with whipper cream.

FIG LAXATIVE—

One pound of dried figs, or one-half pound of dried figs and one-half pound of raisins, to one ounce of Senna leaves. Chop fine and put into a stew-pan with one cup of sugar and one cup of boiling water. Let it simmer slowly for twenty minutes, then pour out on oiled paper in long baking tin to cool. A piece about an inch square at bedtime may prove sufficient, if not take more as conditions may determine.

BAKED FIGS

Place fresh figs in a small crock or earthen dish, with a little sugar and lemon juice or that of other fruit. Cover and bake slowly and no water will be required.

A BURT COMPOTE—

Take one dozen large figs, cut in halves or quarters, put them into a saucepan with a package of gelatine, two ounces of fine sugar and enough water to cover them; let them simmer slowly for two hours, then pour into a wet mould. When quite set, turn out; serve with a surrounding of whipped cream.



FIG CONFECTIONS

CANDIED OR CRYSTALLIZED FIGS—

Place fully-ripe, perfect figs in a wire basket and dip them into a deep kettle of hot lye made from wood ashes. Let them remain in the lye a minute or two to remove the gum and milk and until the figs begin to shrivel slightly. Let all the lye drip off the figs, place them in a kettle or vat of boiling syrup, and let them remain in it three or four minutes. On removing them from the boiling syrup drain and sprinkle thickly with granulated sugar, then place on thin wooden slabs or "hurdles" of galvanized iron and dry very slowly in fruit dryer, or slow oven, turning the figs frequently. When thoroughly dried and sugared, these may be packed in layers, with oiled paper between, and kept in a dry place.

CANDIED FIGS—

Are made only from young green figs not yet fully ripe. Place in glass jars, pour on salt water, and steam until soft. Pour off the salt water and pour over a syrup made of one cup of sugar to three of water. After a day, take out, place on wire screens, and allow to drip for one or two days in a warm place. Place again in jars or earthenware; cover with a syrup made of one cup of sugar to one and one-half cups of water. After a day, take out and allow to drip. The third soaking should be in a syrup made of one cup of sugar to one-half cup of water. In this syrup the figs are allowed to remain as long as possible, or until required. Take out, drip and roll in confectioners' powdered white sugar in a pan made lukewarm. When the figs have absorbed all the sugar they can they are taken out and packed in large boxes with powdered sugar. The preserved fruit is afterwards re-packed in small boxes for the market.

JEANIE F. S. CRYSTALS—

The figs must be picked when fully ripe, but before they are shriveled. Take figs of as even a size as possible in order to save assorting afterwards. Simmer in a kettle for twenty or thirty minutes, but do not allow to boil. When ready, the figs will have become clear and semi-transparent. Drain off the water. Prepare a strong syrup of best white sugar and drop the figs in. Keep this in a cool place. In from twenty-four to thirty-six hours, the figs will have absorbed most of the sugar and the syrup become very weak. Draw off the syrup, add more white sugar, and thus make the syrup stronger. Simmer but do not boil. Drop the figs in and test again in twenty-four hours. If the syrup is weak renew the process. When the syrup retains its strength, the process is discontinued. Prepare a very strong syrup of best white sugar; simmer, but do not boil. Previous to this the figs are dried in the sun or in dryer until they slightly ring when dropped on a stone floor. The figs, however, should not be so dry that they cannot be readily squeezed when pressed between the fingers. Now immerse these dried figs for a few seconds in the strong, hot syrup, then drain off and place on wire trays in a hot-air dryer or in the hot sun, if on a warm day. The syrup dries quickly and leaves the figs glazed. If crystallized figs are wanted, the figs are slowly dried in the shade, in which case the syrup crystallizes instead of producing a glaze.

BEILING SWEETS—

One cup of figs, one cup of dates, one cup of nut-meats. Put these through a meat-grinder, and make into small balls. These may be dipped in chocolate if desired. Any kind of nuts may be used. If these ingredients fail to stick together in the making of the balls, several drops of molasses may be added.

A JENNEY FUDGE—

One pound of brown sugar, a pinch of cream of tartar, one-fourth pound of chopped figs, a pinch of salt, one tablespoonful of butter, one cupful of water, one teaspoonful of lemon extract.

Dissolve the sugar and water in a saucepan; add the butter and the cream of tartar; when this boils, add the figs, and boil to a soft ball when tried in cold water, stirring all the time. Remove from the fire, add lemon extract and salt, cool for five minutes, then stir until it begins to grain, and quickly pour into buttered tins. When half-cooled, mark into squares.

H. O. P. DAINTIES—

Two pounds of figs, one pound of raisins, one pound of dates, one pound of nut-meats (any kind), one tablespoon of vanilla.

Grind the fruit and the nuts in a food-chopper; add the flavoring, and knead well. Dredge a board with powdered sugar, roll out the mixture to a thickness of from one-quarter to a half-inch thickness; cut in any desired shape; roll in powdered sugar.

BLACKSTONE BRITTLE—

Melt one pound of white sugar in granite saucepan; stir in one-half pound of chopped figs, and pour in a pan to the depth of one inch. Cut in strips and serve.

RITCHEY RICHNESS—

One pound of figs, one pound of dates, one pound of raisins, one pound of English walnut meats; grind all in a meat-chopper; work in as much powdered sugar as the mixture will take; roll out about one-half an inch in thickness and cut into squares.

DEAN FUDGE—

Two cups of sugar, one cup of milk, butter the size of an egg, one-half cup of chocolate; cook, stirring constantly, until bubbles break slowly; add one-half pound of walnuts chopped fine, and one-half pound of Fresno dried figs run through a meat-grinder; stew until the mass begins to harden, then pour into a buttered plate. When cool cut into squares.

DUDE TAFT TOFFE—

One pound of loaf sugar; one cup of water; one teaspoon of cream of tartar. Boil until hard when tried in water. For the fruit, use figs, grapes, dates, pieces of orange, or any other fruit, and dip into the toffe while hot. They harden very quickly.

FIG KISSES—

Whites of four eggs; two cups of brown sugar; one pound of chopped figs; two-thirds of a cup of ground nuts; vanilla flavoring. Beat the egg whites to a stiff froth; add the sugar, add the figs which have been cut very fine or ground and weighed, then add the nuts and the vanilla. Drop from a teaspoon on lightly buttered baking sheets; bake in a slow oven until slightly brown.

CONSERVATION SWEETMEATS—

Ten ounces of figs, one-eighth spoonful of ground cinnamon, one-half pound of seeded raisins, one-half pound dripping chocolate, one-half teaspoon of vanilla.

Put the figs and the raisins through the food chopper; add the flavoring; form into small balls. Melt the chocolate in a double boiler; drop the sweetmeats into the melted chocolate, one at a time; remove with a silver fork and place on waxed paper to cool and to harden.

To retain the glaze on chocolate-covered candies, add one teaspoon of olive oil or one-half ounce of cocoa butter to the chocolate.

LANE FIG CANDY—

Two cups of sugar, one-half cup of water, one-half cup of white Karo syrup. Cook until the mixture threads; beat whites of two eggs stiff; pour on the hot syrup, slowly stirring until all of the syrup is added; beat hard, or until it begins to thicken, then add two cups of chopped figs; beat until it is thick enough to put on buttered plates. When cool, cut in slices. Splendid for children.

VOGEL STRIPS—

One pound of any kind of figs, one pound of raisins, one pound of walnuts of any variety; grind them all together in a vegetable grinder; roll the mixture into a nice round roll; lay them to one side to dry—will dry in about five days. When dry, slice thin or thick, according to fancy, drop the slices into dry sugar. A real dainty.

NOBLE SWEETS—

Two cups of figs, two cups of dates, two cups of seeded raisins, one cup of grated cocoanut, one-half teaspoon of salt, one tablespoon of lemon-juice, four tablespoons of sugar. Put the whole through a food-chopper and mix well. Roll in powdered sugar, and cut into any shape that may please fancy.

COALINGA CRYSTALS—

Make a strong, thick syrup, put in a little vinegar and powdered ginger; pare the figs, which must not be too ripe; boil until clear; spread on plates; change and turn often until drained; after the drying process is well begun, roll in granulated sugar; press flat with knife; turn every day until perfectly dry; roll in sugar once more and pack in boxes or jars.

ROGER S. BONBONS—

One cup of figs, one cup of raisins, one cup of walnut meats, one-half cup of shredded cocoanut; grind all together in a meat-chopper, then roll into balls; mix in a little powdered sugar if necessary to keep the balls smooth in shape.

Melt unsweetened chocolate in a double boiler; keep the chocolate just warm enough to prevent solidifying. With a silver fork or hatpin drop the balls into the chocolate. See that each piece is completely coated, then remove to wax paper to harden.

FRUIT ROLL—

Boil two cups of white sugar with one-half cup of water, until it forms a soft ball in cold water. Remove from the fire; let it cool and beat it until it creams. Be careful not to have it too stiff. Add one cup each of finely-chopped figs and dates, and beat as long as possible. Roll in a wet cloth, and leave in a cool place over night.

Slice in thin strips, or cut in fancy shapes.

FIG FUDGE—

To two cups of granulated sugar add two-thirds of a cup of sweet milk and one-third cup of butter. Add one teaspoon of vanilla when the syrup has begun to simmer. Stir this until just after the vanilla has been added, then let it cook for twenty-five minutes without stirring, watching carefully, however, that it does not burn. When a light brown in color pour out on plates on which are spread chopped figs—and let cool.

HOLIDAY HASH—

Two cups of granulated sugar; one-half cup of maple or brown sugar; one-half cup of golden corn syrup; one cup of water and a pinch of cream of tartar. Boil to the hard "soft ball" stage; add one teaspoon of vanilla, and pour over the stiffly-beaten whites of two eggs. Have ready one-fourth cup of chopped figs, candied cherries, citron and orange rind, and one-half cup of chopped or shredded cocoanut.

Beat the syrup until light and foamy, then stir in the fruit. Pour into a buttered tin, and mark off the squares.

FIG CARAMELS—

Take any dry fig and run through a grinder. Press into a cake and cut in squares about the size of a caramel. Dip in confectioners' melted chocolate, sweetened to taste.

DAINTY BARNETT BITS—

Two pounds of black or white figs (black preferred) dried; one pound of seeded raisins, two cups of black walnut meats. Put all through a meat-grinder twice. Knead into brick form; cut into slices about one inch thick; dip in powdered sugar; wrap in oiled paper. The longer these "bits" are kept the more delicious they become.

FIG FAVORS

Two cups of light brown sugar; one cup of granulated sugar; one cup of milk; one cup of chopped figs; one tablespoon of butter; one teaspoon of vanilla. Boil the sugar and the milk a few minutes, add the butter; boil until a soft ball will form in water.

Add the vanilla and the figs, beat until creamy, and pour into a buttered pan. Cut in squares.

LOVERTIE FANCIES—

Three cupfuls white granulated sugar, one cupful Karo corn syrup (Red Label), one-half cupful of water, whites of two eggs, one-fourth teaspoonful baking-powder, one cupful chopped figs, one-half teaspoonful vanilla extract.

Put sugar, syrup and water in saucepan, and boil until syrup forms soft ball when tested in cold water. Add the baking-powder to the egg whites and beat to a stiff froth; take syrup from fire, add egg-froth, a spoonful at a time, until all has been added, beating constantly. When the mixture begins to thicken, add the chopped figs and the extract, and beat until creamy. Pour into a buttered pan and allow to cool. Cut into tubes, or cut with fancy cutter. Any favorite flavoring may be used. This candy is best when allowed to stand for two or three days.

PERSIAN SWEETS—

One pound of figs; one pound of dates; one pound of English walnut meats; confectioners' sugar.

Remove the stems from the figs and the stones from the dates; mix the fruit with the nut-meats and force through a meat-chopper. Work with the hands on a board dredged with confectioners' sugar, until well-blended. Roll to one-quarter of an inch in thickness, shape with a small round cutter, or cut with a sharp knife into three-quarters of an inch squares. Roll each piece in confectioners' sugar. Pack in layers in a tin box, putting waxed paper between each layer. These confections may be used at dinner in place of bonbons or ginger chips.

CHOCOLATE DOMINOES—

One-half cup of pecan meats; one-half cup of English walnut meats; one-half cup of figs; one-half cup of dates; the grated rind of one orange; one tablespoon of orange-juice; one square of chocolate.

Mix the nuts and fruit and put through a food-chopper; wet with the orange-juice, mix in the grated rind, and roll in a ball. Lay out on a baking-board which has been covered with confectioners' sugar, sifted; roll to one-half inch in thickness. Cut in shapes the size of a domino, and spread with melted chocolate. On the top lay little discs cut from blanched almonds to imitate dominoes.

GLACE FIGS—

Put figs (fresh) in pan. Make syrup to cover in proportion of one cup and a half of sugar to one cup of water. Cook until figs are a little yellow and keep in syrup over night. Next day, cook in same syrup half an hour and again leave over night, then cook until stem is transparent, and leave until cold. Then drain on plate, spread on mosquito netting stretched over pan or tray, and dry thoroughly. Wet the netting before placing the fruit upon it. The Kadota fig is recommended for this purpose.

FIG CANDY—

Boil over a slow fire one pound of sugar and a half-pint of water, until the syrup hardens when dropped into cold water. Add half a teaspoon of vinegar and remove from the fire, stirring once or twice before pouring over a layer of figs placed in a deep dish. Dried figs may be used either previously soaked an hour in cold water, or those perfectly dry. The dried fig is more apt to give good results than the fresh fig.

ALVERSON ANGELICS—

Two cups of sugar; one-half cup of water; one-half cup of corn syrup; boil until the mixture spins a thread. Three cups of ground dried figs; two cups of ground raisins; one cup of ground English walnuts; one teaspoon of extract of nutmeg. Have a pan greased and thickly dusted with cocoanut; have the figs, raisins, nuts and extract mixed. As soon as the syrup threads, take from the stove and beat until the mixture is cloudy. Fold in the fruit mixture, turn out in the prepared pan, and dust the top with cocoanut.

CANDIED CALIMYRNAS—

Take the ripe Calimyrna figs before they begin to dry on the tree, those just right for canning; dry them in the sun for four or five days; don't let them sour. When well-dried, pack them down in sugar, layer upon layer, the sugar between each layer. In five days they will be ready for eating. The result of this simple treatment will be found most pleasing.



TARTS AND WAFERS

ELLETA TARTLETS—

One-half pound of dried figs; three tablespoonfuls of sugar; two eggs; three-fourths pint of water; one-half cupful chopped English walnut-meats; a few drops of lemon-juice; some pastry.

Line some tartlet tins with pastry; cut the figs into small pieces and simmer in the water for a half hour, then add one tablespoonful of the sugar. Remove from the fire and cool, then add the nut-meats, and the yolks of the eggs well-beaten. Divide the mixture into the prepared tins and bake in a hot oven until ready. Make a meringue with the whites of the eggs, the remainder of the sugar, and the lemon-juice. Spread over the top of the tartlets and brown slightly.

FRESNO FIG TART—

Select a dozen choice dried figs and stew them in enough water to cover them. Add two cloves, a small piece of stick cinnamon, and a piece of preserved ginger, chopped fine. When tender take out the figs and remove the spices. Add enough sugar to the water to make a good syrup and a couple of spoonfuls of ginger syrup. Then boil for five minutes, and add a little hot water if it gets too thick. Next add a teaspoonful of lemon-juice and a spoonful of brandy. Return the figs to the syrup and set aside to cool. Put one or two figs and a spoonful of the syrup in each tart shell before serving.

No. 2.—Whip one-half cup of rich cream until stiff, and sweeten lightly. Add one-half cup of dried figs, cut fine, preferably into minute dices by aid of a sharp knife. Stir these very lightly into the cream and sugar a few at a time. Fill puff-paste shells with the mixture and sprinkle with maple syrup or dust with cinnamon, according to taste.

FIG-PECAN WAFERS—

Beat two egg whites quite stiff, adding two cups brown sugar, add one cup broken pecans, dusted with salt, and one cup figs cut in bits. Drop from teaspoon on buttered tin and bake ten minutes.

BERT R. DELIGHTS—

One cup of sugar, one cup of shortening—mix thoroughly; one egg, one cup of milk, three teaspoons of baking-powder, one-half teaspoon of salt, flour enough to make stiff; roll thin, cut with a cookie cutter and bake two together with fig jam between.

A FRESNO FAVORITE—

One cup of sugar; one-half cup of butter; three eggs; one-fourth cup of milk; one cup of figs; three-fourths cup of English walnut-meats; one teaspoonful of vanilla.

Cream the butter and sugar; add the yolks of eggs, milk and figs, which have been cooked in a little water until tender.

Line gem pans with pie paste, put in mixture, and bake. Beat whites of eggs, add powdered sugar and vanilla for meringue. Brown if liked. This makes twelve tarts.



FIG ICES

A FROSTY FAVORITE—

One quart of thin cream, one-fourth cup of sugar; one and one-half teaspoons of vanilla; two cups of figs. Grind the figs, let them soak a few hours in the cream, then add sugar and flavoring and freeze in the usual way.

TUTTI-FRUTTI ICE CREAM—

Two cups of milk; the yolks of five eggs, two and one-half cups of thin cream; three-quarters of a cup of sugar; one-half teaspoon of salt; one tablespoon of vanilla; one and two-thirds cups of fruit cut in small pieces.

Make a custard of the first four ingredients, strain and cool; add the cream and the flavoring, then freeze to the consistency of mush; add the fruit and continue freezing.

It may be served this way, or put into a mold, packed in salt and ice and let stand two hours, then slice.

For the fruit, use candied cherries, dates, pineapples, figs, Sultana raisins and citron, all or a part of them.

CHILLED CHEER—

One pint of cream, white of one egg, sugar to taste, one-half cupful of ground walnuts, twelve figs, six dates. Beat up the cream until stiff with the white of an egg, which adds to the stiffness and bulk. Sweeten the cream to taste, add the ground walnuts, the figs and the dates cut into small pieces. Mix carefully and put into a wet mold; cover tightly and pack in ice and salt. Allow it to so remain for four hours. This quantity will serve eight persons.

STARR FIG PARFAIT—

One pint of whipping cream; four eggs; one-fourth cup of sugar; three tablespoons of water; one-half pound of figs after grinding.

Boil the sugar and the water in a small dish until it just begins to "spin a thread," then pour over the well-beaten eggs, beating continually. Let cool. Whip the cream, add the figs, and with a fork mix them well through the cream; add the egg and the syrup, and pour into a mold.

Pack in ice and salt, and freeze about four hours.

If small molds are used (baking-powder cans are good) not as much time is required for freezing. Dip a narrow strip of muslin in melted gauze and stretch tightly around where the can and the lid join to insure keeping out the salty water.

PAYNE WHIP—

One pound of figs; one pint of whipping cream; one cup of English walnut-meats; one-half cup of powdered sugar; one teaspoonful of vanilla. Chop the figs; cut the nuts into small pieces; whip the cream until stiff; add the nuts, sugar and figs. Flavor, chill and serve.

HAWAIIAN FRAPPED FIGS—

Ripe figs, one quart; cream, one quart; sugar, one cup; sherry, one-half cup. Whip the cream until very stiff; add the sugar and the sherry. Cut the figs in pieces, and place in a freezer in alternate layers of fruit and cream. Let it stand until frozen.

FIG ICE CREAM—

For two quarts of fig ice cream, mix one quart of cream with two cups of sugar and freeze partially. Then add to the mixture two cups of fig marmalade, the juice of one lemon with one teaspoonful of lemon extract; and the whites of four eggs with which has been whipped a pinch of salt—and finish freezing.

FIG ICE CREAM, 2—

Stir together one pint of cream, one pint of new milk, and three-fourths cup of sugar. Place on stove and bring to a boil. In a separate vessel should have been stewed one cup of chopped dried figs or two cups of fresh figs in one-half cup of water. Add to the hot milk and let cool. Then freeze, adding at the last moment either pineapple or lemon extract and the juice of half a lemon. This will make nearly two quarts.

FIG ICE—

Peel two quarts of fresh figs and stir well with the juice of one lemon and its grated peel, or one teaspoon lemon extract, some fruit acid and two cups of sugar. Add two cups of water and freeze.

FIG ICE—

Make a lemonade or orangeade and to each quart of liquid add one pound of chopped figs and a half-cupful of fine chopped nuts. A little lemon extract may be added. Freeze.

FIG ICE CREAM—

Make the usual foundation ice cream, adding to it for each quart a cupful or more of shredded figs, then freeze. Flavor to suit taste.



BREAKFAST SPECIALS

WHEATENA WITH FIGS—

Three-fourths cup of Wheatena, one teaspoonful of salt, three-fourths cup of cold water, two and one-fourths cups of boiling water, one-half pound (one cup, chopped figs.

Mix the Wheatena, salt and cold water. Add to this a little of the boiling water, then pour the paste into the remainder of the boiling water and let it boil five minutes. Put it into a double boiler and cook for thirty minutes. Add the chopped figs, washed very thoroughly, when the Wheatena is put into the double boiler. Serve either hot or cold, with milk or cream and sugar. It may be molded in cups and chilled before serving.

SOUTHERN WAFFLES—

One and one-half cups of corn-meal mush; one and one-half cups of milk; one-half cup of ground or chopped figs; three teaspoons of baking-powder; one-half teaspoon of salt; two eggs; three tablespoons of shortening; three cups of flour.

Add milk to mush; add the dry ingredients, mixed; add the yolks of eggs, the shortening and the whites of eggs beaten stiff. Cook in waffle irons.

POTATOES AND FIGS—

One cup of coarsely-chopped figs; two cups of mashed sweet potatoes (boiled in skin until done); one-half cup of cream; a little salt and cinnamon; two eggs well-beaten.

Mix, folding in the eggs at the last. Drop heaping tablespoonfuls on well-greased pie-pans; bake one-half hour, or until brown.

FIGS AND CORN-FLAKES—

There cannot be found a more delicious breakfast dish than fresh figs peeled and sliced into corn-flakes, and served with cream.

HOME JOURNAL CRACKERS—

Put one pound of chopped figs, one cup of granulated sugar, and one-half cup of cold water together and boil the mixture until soft. Allow to cool. Cream one cup of brown sugar and one cup of butter, or other shortening; add two and one-half cups of rolled oats, and two and one-half cups of flour. Mix well with the hands. Add one-half cup of warm water in which dissolve one teaspoon of soda.

Divide the dough into two equal parts, roll very thin, spread the fig mixture on one layer, cover with the second layer and cut in squares. Bake in a hot oven to a light brown. These are fine with coffee, or to be used as a regular cookie.



STUFFED FIGS

A MARIE CONCEIT—

Select natural or pressed figs, remove the stems, and wash in hot water. Put into a steamer or colander over a dish of hot water, cover closely and steam until thoroughly softened, then remove from the heat. When cool, stuff each fig with a walnut-meat by making an opening in the side of the fig and enclosing the nut. Sprinkle the figs with granulated sugar.

STUFFED FIGS—

One pound of pulled figs, one-half pound of mixed nuts. The nut mixture may consist of almonds, pecans, English walnuts and pinon. Chop them very fine. Beat the white of one egg until partly light; then add six tablespoonfuls of powdered sugar, and beat until stiff. Stir the nuts into this paste, add a half of the grated yellow rind of an orange or a little vanilla; mix thoroughly. Split the figs carefully on one side; scoop out a portion of the inside flesh; mix it with the nuts; then stuff the figs until they are quite distended, putting the skin together so that the split may not be seen. Arrange on a paper mat in a pretty glass dish, and serve as dessert.

SUGARED ROLLS—

Remove the inside of steamed or fresh figs and mix the part removed with chopped nuts moistened with a syrup of sugar and tart fruit-juice (cooked or uncooked). Roll in sugar and serve.

FIG PASTES

A PICNIC DELIGHT—

Treat the figs with a soda bath as for preserves, rinse and cook until tender, in fresh clear boiling water. Drain well and put the figs through a food-chopper or rub pulp through a colander. Allow one pound of sugar for each quart of pulp. Mix and cook until it is rather a solid mass. Spread with an oiled spatula on the oiled surface of a flat dish, marble or glass slab, and finish drying in the sun. Three or four days will be required for drying. The trays should be brought into the house each night, and they should be protected from both flying and crawling insects. When thoroughly dry, sprinkle with granulated sugar, roll it up and wrap tightly in a cloth. It will keep for a long period of time.

FIG BUTTER—

Chop together equal parts of figs, seeded raisins and stoned dates, and add (after weighing) nuts equal in weight to the whole. The nuts may be mixed according to convenience or taste, as one part each of black and white walnuts, pecans, almonds, peanuts, hazel or Brazil nuts. Mix thoroughly together and pack in a mould for slicing.

FIG-PASTE LAXATIVE—

One-half pound of figs, one pound of prunes, one ounce of Senna leaves, cold water.

Soak the prunes over-night in cold water to cover, add the Senna leaves tied in cheesecloth, and cook slowly until prunes are tender. Stone the prunes and chop fine; add the figs, chopped fine; put in top of double boiler, remove Senna, add prune-juice, and cook until thick.

TOWNEY PASTE—

1.—Pick the figs fully ripe, split and scrape off the pulp, mash and strain and let come to a boil, constantly stirring. To ten pounds of fig-pulp add one pound grated cocoanut and the juice of one lemon. After boiling a half-hour spread on plates and dry in the sun. When fully dried keep in an air-tight place if possible. When ready to use, soak in warm water over night and boil in the same water.

2.—Figs must be very ripe. Wash in water, steam in colander for a few minutes, then rub through a sieve, using best rubber gloves on the hands. The rubber gloves must have been previously washed several times in hot water in order to remove the taste of the rubber. The mushy pulp is then placed in jars and steamed for forty-five minutes or more. If not sweet, add sugar to taste. Spread the mush on glass or marble to dry in the sun or in heated air. Fig sauce is made in the same manner, except that it is preserved in jars while yet mushy instead of drying in the sun.

3.—Pick the figs when well ripened, but not so soft as to be difficult to handle. Peel them, weigh, and allow three-fourths of a pound of best granulated sugar to one pound of fruit. Mix sugar and fruit thoroughly with your hands, or by mashing together with a large potato masher, and let the mixture stand over night. Prepare the afternoon before, if the weather is very hot, but if it is not they can stand from one forenoon to the next. In the morning put them on the back of the stove and let the paste heat slowly, stirring occasionally. Then, when ready to give it your whole attention, pull forward and "cook down" over a rather slow fire, stirring and mashing almost constantly. There must not be a single lump left in the mass. If desired, some of the seeds which rise and accumulate on the sides of the preserving kettle may be skimmed out. The amount of cooking down done is according to taste. The paste is better when well cooked down, but if this is done, great care must be taken not to burn the paste at the last, when it is quite thick. It is so rich that for small families it should be put into pint or half-pint jars.



FIG MARMALADES

A FREDA FAVORITE—

One pound of figs, three pounds of rhubarb, three pounds of sugar, one lemon, one teaspoon of ginger, one-fourth teaspoon of cloves, one-fourth teaspoon of salt.

Cut the rhubarb unpeeled into inch pieces; wash the figs and put them through a food-chopper; put in preserving kettle with half of sugar and let stand over night; in the morning boil until clear, then add remaining sugar, the juice and grated rind of lemon, and seasoning. Cook slowly until thickened.

WHITE-FIG MARMALADE—

A delicious marmalade is made from white figs. Take perfectly ripe and fresh figs, peel off the thin soft skin, and to every two pounds of figs use one and one-half pounds of sugar and the grated peel of a large orange or lemon; cut up the figs and mash them with sugar, adding the grated yellow rind and juice of the orange or lemon; boil all together until the whole is reduced to a thick, clear, smooth mass, stirring frequently from the bottom. When done put into jars while hot and cover closely.

Those who like less sugar can use one-half pound of sugar to a pound of fruit, and it will keep perfectly, provided it be boiled very clear and smooth.

J. W. T. MARMALADE—

Ten pounds of ripe, peeled figs, ten pounds of sugar; let stand over night. In the morning stir the figs and the sugar until all are dissolved; cook for two or three hours slowly. May add orange, lemon and walnuts, or pineapple well cooked and chopped fine.

TRIXIE MARMALADE—

Use only fully-ripe figs. When they are considerably wilted they are cut. Cut in halves and scrape out the inside pulp; mash and strain through a very coarse sieve. Put into a glazed dish and place the latter in boiling water. Boil constantly for one-half hour and place in sealed glass jars, like canned fruit. This marmalade is very fine; can be eaten with meat or alone with cream. It is a fine relish if made from good, sweet figs.



FIG PRESERVES

FIG AND GRAPE PRESERVES—

White figs and Muscat grapes are sometimes preserved together, the second crop of figs coming in season to can with the grapes. Pick the figs when their skins begin to crack, peel, weigh, and allow one-half pound of best granulated sugar to one pound of fruit. Mix the fruit and sugar carefully (not breaking the figs), and let them stand over night. In the morning, cook slowly on the back of your stove, stirring carefully at intervals. In the morning, also prepare your Muscat grapes by picking them from their stems, washing, weighing, and allowing one-fourth pound of sugar to one pound of fruit (and as many grapes by weight as figs). Cook in another kettle, using only a very little water—just enough to keep them from burning. They will cook after starting to boil, in about ten minutes. The figs will need cooking nearly an hour. When both fruits are done, mix carefully together, let come to a boil and can.

GOLDEN WEST PRESERVES—

Take three-fourths pound sugar and half cup of water to each pound of figs. Make a syrup of the sugar and water, skim, add the figs, carefully washed and dried, and let simmer until the skin of the figs is tender, then store as any preserves. For a less sweet dish, use a cup of sugar and a cup of water to enough figs to fill a quart jar; make the syrup and let cook as before, but store as canned fruit in sterile jars, filled to overflow and sealed with rubbers and sterile covers. Lemon or orange rind and juice, or sherry wine, all in quantity according to taste, may be added.

TEEL PRESERVES—

Ten pounds of well-washed ripe figs, ten pounds of sugar, and water to make a syrup; boil half an hour, place figs in syrup, and boil slowly about two hours.

SIMPLICITY PRESERVES—

Gather the fruit when fully ripe, but not cracked open; place in a perforated tin bucket or wire basket and dip for one moment into a deep kettle of hot and moderately strong lye (some prefer letting them lie an hour in limewater, and afterwards drain); make a syrup in proportion of one pound of sugar to one pound of fruit, and when the figs are well-drained put them in the syrup and boil them until well-cooked; removing, boil the syrup down until there is just enough to cover the fruit; put the fruit back in the syrup, let all boil, and seal while hot in glass or porcelain jars.

BERGEN PRESERVES—

Take figs as soon as they are sufficiently ripe to peel well, peel and place in sun for a couple of days, turning them several times; take in, wash in hot water, draining at once; put the figs, a few at a time, in a rich syrup and let cook for several hours, until thoroughly preserved. In this process the figs remain whole and are a most dainty offering.

FARNUM PRESERVES—

Split the figs twice, crosswise, from blossom and about half-way. Put them in a dish and cover with cold water in which a full tablespoonful of medium-strong lye has been dissolved. Leave the figs in this solution for thirty-six hours, stirring every two or three hours. Take them out and rinse well, first in cold water, then in warm (not boiling) water, then in cold water, then in hot water, and again in cold water. In the meantime, have your syrup boiled—with cinnamon and a few cloves in a bag for seasoning. Boil the figs slowly in the syrup for four hours, or until the figs are transparent.

T. B. W. PRESERVES—

Soak the figs over night in moderately strong alum-water. Next morning, to one pound of figs add three-quarters of a pound of sugar (preferably brown); let stand until the sugar becomes moist, then put in to cook. When the figs turn a light brown, put them on a platter in the sun for twenty minutes (allowing the syrup to still boil, but slowly); then put the figs back in the kettle and cook until they take on a dark brown color. Some like the flavor of ginger or orange peel, but the preserve is delicious with but the flavor given by the fig.

MICHAELI PRESERVES—

Peel enough figs to make a gallon of preserves; let stand over night, with sugar, to form their own juice. Next morning, cook the figs until nearly done; add a little more than a cupful of chopped walnuts, and a thinly-sliced lemon. This makes a fine filling for cakes, or a tasty spread for bread.

PRESERVED FIGS WITH GINGER—

Ten pounds of fresh, ripe figs, not shriveled, are peeled of the thick, outside skin. As all figs are not peeled readily, a variety which peels must be selected. Take the peel of one orange or lemon, pare well, and use none of the inner white part or rag. Take one ginger root and shave it very thinly with a sharp knife. Boil the peel and the ginger until very tender in a separate kettle. In another kettle make a syrup of six pounds of best white sugar, enough of water to dissolve; add the juice of four oranges and one lemon or four lemons. When ready, add the decoction of the orange peel and ginger, but take care to first strain. Bring the syrup to a simmer, drop in the peeled figs and simmer under cover until clear and tender, which requires more or less time, according to the variety of figs used and their state of ripeness.

No. 2.—Pick before quite ripe, peel and put into dishes, with sugar, for twelve hours, usually over night; drain off juice into preserving kettle, and after coming to a boil put in figs for a short time; take up in dishes again and expose to sun while syrup is boiling down; then return the figs, and when they begin to look clear take up and expose to the sun again while reducing the syrup to desired thickness; then return figs to syrup and let simmer gently for an hour, being careful not to have too hot a fire and thus burst the figs; use a pound of sugar for each pound of fruit.

No. 3.—Pick figs fully ripe, but not shriveled. Scald first in hot water, change water several times in order to draw out the milky juice. Pack figs in glass jars in rows and handsomely. Make a syrup of one cup of sugar to two of water. Pour over figs and steam for twenty minutes without rubber band. Then place on the rubber bands; steam for twenty-five minutes more with the cover lightly pressed down. A very superior article is made if the figs are first steamed in a colander until tender, then packed in glass and steamed with the syrup. An apricot kernel or a bitter almond may be added to each jar, or, better, grated and boiled with the syrup before pouring over the figs. No more than one kernel is needed for each jar.

A DRIED-FIG DAINTY—

Take three pounds of dried figs and wash them; cover with hot water and soak over night; next morning drain off the juice; add one pound of sugar and heat until the sugar is dissolved; add the figs, and boil slowly until the juice has thickened to a syrup. If the figs have taken up the juice, add enough hot water to provide a sufficient syrup for the figs. Put in jars while hot. This will keep indefinitely.

FIG TRANSPARENCIES—

Six quarts of figs, four pounds of sugar, one cupful of baking soda, six quarts of boiling water, three quarts of water. Select firm, sound fruit, discard all over-ripe or broken figs. Sprinkle one cupful of baking soda over the selected figs and cover with about six quarts of boiling water. Allow them to stand for fifteen minutes, drain off this soda solution, and rinse the figs well in clear, cold water. Let the figs drain while syrup is being prepared. Mix sugar and the three quarts of water, boil for ten minutes and skim. Add well-drained figs gradually so as not to cool the syrup. Cook rapidly until the figs are clear and tender—about two hours. When the figs are transparent, lift them out carefully and place in shallow pans. If the syrup is not heavy enough (testing to about 50 to 55 degrees with a saccharometer), continue boiling until it reaches the desired density, then pour it over the figs, being careful to see that the fruit is entirely covered. Let stand over night. Next morning pack the figs cold in sterilized jars, having stems all the same length and placing the figs so that all stems will be upward. Fill each jar to overflowing with the syrup of 55 degrees density. Cap, clamp, process and seal immediately.

SAN JOAQUIN SWEETS—

Heat fresh figs through thoroughly in a steamer, double boiler or slow oven without water, then drop them into a heavy, boiling syrup; remove and let stand in it over night. In the morning bring to a boil, remove; let stand till cold; re-heat; drain; pack figs close together in jars; cook down the syrup and pour over the fruit. Figs may be preserved in lemon syrup, in grape-juice, or other tart fruit juices, or have added to them lemon peel and juice or lemon and ginger root.

Dried figs may be steamed and then so preserved or by the simpler process. Many people hold that preserved figs must first be dipped in boiling lye, repeating several times, a minute at a time.

VROOMAN PRESERVES—

Gather the figs with the stems on just before they are ripe enough to be eaten. Scrape off the skin carefully and drop the figs into a kettle of clear, boiling water, and leave half an hour. Then take out and allow to cool with the stems up. Make a syrup of a pound and a half of sugar and a half-pint of water to each pound of fruit. Boil the syrup till nearly roping; put in the figs carefully and keep them under the water while cooking. If other than the natural flavor is desired, put a clove in the blossom end of each fig or cook them with a sliced lemon from which the seeds have been removed, adding a little ginger. The preserves keep well if made with an equal weight of sugar and figs.



FIG SALAD

RUTH SALAD—

One-half pound of cooked figs, three oranges, one head of lettuce, three or four teaspoonfuls of oil, one or two tablespoonfuls of lemon-juice, one-fourth teaspoonful of salt.

Dispose the heart leaves of the lettuce, carefully washed and dried, to form a bed; on this turn the pulp of the oranges, freed from skin membrane and seeds; above dispose the figs, cut in narrow slices. Dissolve the salt in the lemon-juice, add the oil, mix thoroughly and pour over the whole; turn the fruit over and over, and serve at once.

MIXED-FRUIT SALAD—

One package of Jiffy Jell; one cup of chopped nuts; one small can of pineapple; one-fourth cup of chopped figs; one individual bottle of Welch's or Armour's grape-juice. Dissolve the Jiffy Jell in the grape-juice to make one pint. Pick the pineapple apart, and put into small molds with the chopped mixture. Pour over the liquid, and put on ice to chill. When cool place on lettuce leaves. Serve with boiled mayonnaise or whipped cream.

SALAD DE LUXE—

Combine marshmallows, figs, apples, nuts and green grapes. Cut the marshmallows in four pieces; cut the figs in pieces, dice the apples, seed the grapes. Have equal parts of each, and mix with a fruit salad dressing. Place on lettuce leaves, and put the dressing on top.

FIG AND DATE SALAD—

Use large, fresh figs and dates; slice, arrange on lettuce leaves, and serve with either cream or French dressing.

FIG AND NUT SALAD—

Slice pulled figs, cooked and cooled, and mix with them a few slices of walnuts or blanched almonds. Serve with French dressing made of claret and lemon-juice instead of vinegar, or with a cream dressing. In using the cream dressing, mix the ingredients with a little of the dressing and dispose of additional dressing here and there, using the forcing bag and tube. When available, fresh figs are preferable to those that have been cooked.

CHEESE-FIG SALAD—

Place lettuce on salad plates, then a slice of pineapple; cut the figs lengthwise, laying them over the pineapple; put Neufchatel cheese over the figs, then a good, creamy salad dressing.

PEANUT SALAD—

One cupful of thinly-sliced apple; one cupful chopped celery; one-half cupful chopped figs; one-half cupful of roasted peanuts; lettuce and mayonnaise.

FRUIT SALAD—

Three apples; two oranges; one small can of pineapple; two bananas; one scant cup of figs. Walnuts and maarshmallows to be added; cut all into small pieces. Heap this over lettuce leaves, and, just before serving, add a good creamy salad dressing.

MIXED SALAD—

One cup of chopped figs; one-third cup of grated cheese; one cup of celery; one cup of diced apples; one cup of mayonnaise; three tablespoons of nut-meats; one head of lettuce. Mix the ingredients with the mayonnaise, and arrange on lettuce leaves.

FIG-BANANA SALAD—

Peel as many chilled bananas as there are persons to be served. Split lengthwise, and put the halves together with a filling of figs, English walnuts, and preserved ginger, chopped fine and moistened with lemon-juice.

Arrange on individual salad plates. Garnish with lemon and watercress. Serve with whipped cream mayonnaise. The ginger may be omitted if preferred.

CHERRY SALAD—

Use the white canned cherries. Remove the pits, and slip into each cherry a small piece of nut. Pack in a dish and cover with the juice from the cherries; let stand in a cool place until ready to serve. Serve five or six cherries and two or three figs cut in halves or quarters on lettuce. Cover with salad dressing.

FIG-CELERY SALAD—

One cup of celery cut in pieces; one-half cup of chopped figs; one-third cup of walnut meats. Mix and serve on lettuce leaves with mayonnaise or cream dressing.



FIG PICKLES

"LITTLE MOTHER" PICKLES—

Two dozen figs; one quart of vinegar; two cupfuls of sugar; one teaspoonful of mace; one teaspoonful of cloves; one tablespoonful of cinnamon.

Select firm, ripe fruit and put it in brine over night. In the morning take out and soak in fresh water for two hours; remove and pour over them boiling water to cover; let stand until cold, and then drain. Boil the vinegar and the sugar in a kettle, add the spices in a muslin bag; skim thoroughly and drop in the figs. Again bring the mixture to a boiling point, remove from the fire, and let stand in the kettle over night. Next morning, re-heat to boiling and seal in glass jars.

SPICED FIGS—

Peel ripe, white figs, and to ten pounds of the figs add five pounds of brown sugar, one quart of vinegar, one ounce of cinnamon, one-half ounce of allspice, one-half ounce cloves, the spices to be tied in bags and boiled with sugar and vinegar. When the vinegar and spices have come to a boil add the figs, a few at a time, to prevent mashing, and boil until they look clear. When all are done put into jars and pour the vinegar over them hot.

SWEET PICKLED FIGS—

The figs are picked when ripe, but must not be soft. Steam first until slightly soft, then place in a liquor made as follows: A syrup is made of a cup of sugar; to every cup of water add a teaspoonful of cider vinegar, one stick of cinnamon, crushed in small pieces. Boil the liquor. Insert a clove in the eye of each fig and pack in a glass jar. Pour the filtered liquor over the figs. Steam the jars first, with the cover on loosely, for twenty minutes. Then place on the rubber bands, screw down cover lightly, and steam for twenty minutes more.

PASADENA PICKLES—

Seven pounds of figs packed just before shriveling, three pounds of white sugar, one quart of vinegar, one teaspoonful of salt, one teaspoonful of allspice, one teaspoonful of ginger, one teaspoonful of cloves, two tablespoonfuls of cassia buds. Boil together for four hours, put spices in a thin bag to keep pickles clear, and more vinegar if too much evaporates and add the sugar when nearly ready. When the sugar is dissolved, add the figs. Simmer until tender.

FRESNO FAVORITES—

To ten pounds of figs take four pounds brown sugar, one quart strong vinegar, one large cup of whole spices, including cloves, cinnamon, allspice, and cassia buds. Boil vinegar, sugar and spices first, and when the sugar is well dissolved add the figs and boil until tender. The figs should be picked before they become shriveled. Put all in jars; pour out the liquid for three mornings, and let come to a boil and return to the figs; then close the jars.

SUNNYSIDE SWEETS—

Two quarts of figs, one quart of vinegar, one teaspoonful of mace, one pint of sugar, one level teaspoonful of ground cinnamon, one teaspoonful of cloves. Mix the spices, and tie them into two small pieces of cheesecloth. Put a layer of figs into a stone jar, then a layer of salt, another layer of figs, and so continue until they are all covered; pour over one quart of water, cover, and stand aside over night. Next morning, wash the figs and put them into clear water for two hours. Drain, cover with boiling water, and let them stand until they are thoroughly cooled. Put the spices, vinegar and sugar into a porcelain-lined kettle, bring to boiling point and skim. Add the figs, bring quickly to just scalding point, and stand them aside. Next day re-heat, put them at once into jars, seal.

PARKER PICKLES—

Five quarts of fresh figs with stems. They must be half-ripe. Put them in salt water for twelve hours. Dry and parboil in alum water, using alum the size of half a nutmeg, or put them in lime water. Do not break them. Wash in clear water and dry. Make a syrup of one pint of strong vinegar and a very little water and one pound of sugar. Flavor with mace, cinnamon, and cloves. When the syrup has boiled, put in the figs. Use glass jars.

PICKWICK PICKLES—

Eight pounds of white figs (fresh), two pounds of sugar, one pint of vinegar, one quart of water, cinnamon, and cloves to taste. Boil all together until a silver fork will pierce the figs. Can hot in glass jars.

PICKLED FORGET-ME-NOTS—

Four pounds of sugar, one pint of vinegar, two ounces of stick cinnamon, one tablespoonful of whole cloves, one tablespoonful of black peppers (whole). Put all of the ingredients into a porcelain-lined kettle, bring to boiling point, then add seven pounds of figs that have been washed and drained. Simmer gently. When the figs are tender, take them out with a skimmer and put them into glass jars. Boil down the syrup, pour it over the figs and seal.

PARADISE PICKLES—

Pick figs which are barely ripe, though fully swollen out, and leave stems on fruit. Place in a jar of fairly strong brine and let stand over night when rinse well in fresh cold water, drain, pack close together in jars, and pour over them hot spiced vinegar (sweetened if desired) as for apples, cherries, grapes, etc.

COLLIER PICKLES—

Two pounds of sugar, one teacup of vinegar, one-half teaspoon of cloves, one-half teaspoon of cinnamon, one gallon of figs; cook until figs are tender.

BENNETT SPICES—

One-half gallon of medium-sized Smyrna (Callmyrna) figs; make a syrup of vinegar, one cup to three cups of sugar; add spices of a mixed variety as desired; boil this and drop in the figs whole; let boil gently for a few minutes; then let remain in syrup twenty-four hours; repeat and seal.



FIG JAMS AND JELLIES

SEYMOUR JAM—

Take large, firm figs, remove hard stems, cut into quarters. For each pound of figs use one-half pound of granulated sugar; dissolve the sugar in a little water before adding to the figs. Let the water and sugar boil up once or twice, then add the figs, and boil steadily until the jam coats the spoon and drops from it in heads; then pour into hot jelly glasses.

A DOROTHY JAM—

Take very ripe figs, peel and place in a granite kettle; to two parts of figs add one part of sugar and mash thoroughly together with a potato masher; place over a slow fire; cook gently for a long period, stirring frequently. An asbestos mat under the kettle is a satisfactory safeguard.

THOMPSON JAM—

To five pounds of figs, peeled and cut into small pieces, add three and three-quarters pounds of sugar, and let stand over night. In the morning, take a lemon, remove the seeds, cut in thin slices, put in boiling water to remove the bitter taste, then add the lemon to the figs and boil until the ingredients drop from the spoon like jelly.

JEANETTE JAM—

Boil sweet, dried figs with some syrup till all the juice is thick and sirupy, then run figs, syrup and all, through some kind of a mill that will grind it into a paste. A small sausage grinder is best—one that grinds fine. This paste is fine for use wherever a jam can be used, and can be made more easily than any other jam or jelly.



One of the Wonder Fig Gardens



of Fresno County, California

GELATINED FIGS—

Prepare the figs by stewing. Chop very fine. Have ready a half-box of gelatine; put this over the fire in a cup of boiling water, add the sweetened fig syrup, stir until the gelatine is thoroughly dissolved, take from the fire, add a wineglassful of sherry and stir in the minced figs. Turn into a mould wet with cold water to form.

EASY-ENOUGH JAM—

Six pounds of purple figs (fresh), peeled and cut in half; two pounds of sugar. Cook until thick and seal hot.

JUBILEE FIG JAM—

Select ripe figs, remove all stems, treat them with a scalding soda solution and rinse thoroughly in clear, cold water. Cook in quantities not larger than three pounds at one time. Allow one and one-half pounds of sugar to each three pounds of figs. Add barely enough water to start the cooking (about one-half cupful), crush the figs, heat to boiling and add the sugar. Cook rapidly to 220 degrees Fahrenheit. To seal properly and to insure safety from mold, it is necessary to process all preserves after packing them into the sterilized jars. This processing may be done in a water-bath by heat below or at the boiling temperature, depending upon the kind of products packed and upon the length of time the heat is applied. Since preserves contain so much of sugar which acts as a preservative, it is only necessary to process against molds. This may be accomplished by placing the filled jars in a water-bath, heating it to a temperature of 180 to 190 degrees Fahrenheit, and holding that temperature for about thirty minutes.

Process preserves or jams in twelve-ounce or pint jars for twenty minutes at 180 degrees Fahrenheit (temperature of simmering water). When jars with glass tops and screw caps or wire clamps (lightning seal) are used, leave the pressure of the clamp on the top of cap until the jars are entirely cold.

FIG JELLY—

Slice the fresh figs into the preserving kettle, covering bottom of kettle with cold water. Add slices of unpeeled lemon, one lemon to one and one-half pints of uncooked figs. Place on back of stove to cook slowly an hour; then strain and boil for fifteen or twenty minutes (according to the state of the syrup), adding three-fourths quantity of sugar to that of the fruit.

LITTLE GEM JAM—

If the figs are dried, first steam till very soft. If fresh and ripe, place them in a double boiler, heating through perfectly but adding no water. They may be steamed instead. Add about one-half their weight of sugar and cook down carefully till thick. Lemon-juice and peel, pineapple or other decided upon fruit may be added for flavoring. This if preferred may be rubbed through a coarse sieve and heated again before sealing in little pots or jars.



FIG PUDDINGS

THE PUDDING SUPREME—

Chopped suet, one cup; chopped figs, one pound; three eggs; bread crumbs, two cups; sugar, one cup; milk, two cups. Sauce—Tart wine, or sherry, one cup; butter, one-half cup; powdered sugar, one cup.

Wash, pick over the figs and chop them. Chop the suet, beat the eggs light, without separation, and mix all these thoroughly, and turn it into a well-greased mold. Cover and boil for three hours and serve it hot.

The sauce for the pudding would be a wine-sauce, made as follows:

Beat a half-cup of butter to a cream, add a cup of sugar, gradually, and when light, add, a little at a time, the wine, which has been made hot; stir the sauce for two or three minutes, till it becomes smooth and foamy.

A CLARKE SPECIAL—

Grind one cup of dried figs and one cup of kidney suet fine; mix with one-half cup of sugar, two cups of sifted flour, three teaspoons of baking powder, one teaspoon of spices, one teaspoon of salt. Lastly add three well-beaten eggs and one cup of sweet milk. Turn into a greased mold that holds about three quarts and steam for three hours. Serve with hard sauce.

A SIMPSON SPECIAL—

One-half cup of figs, and one-half cup of raisins, chopped in coarse food-chopper; one cup of sugar, one teaspoon of cinnamon, one and one-half cups boiling water; let all simmer ten minutes.

Take one-third cup of cornstarch, mixed with a little cold water and add to the above mixture. Cook all five minutes. Add one teaspoon of vanilla or juice of one-half of a lemon. Serve with whipped cream and chopped nuts.

A BREEZE BEATITUDE—

One quart of milk, one and one-half cups chopped figs (about one dozen), one-half cup of sugar, three eggs, one cup of bread-crumbs, three tablespoons powdered sugar, one teaspoon vanilla.

Heat the milk; add the chopped figs, crumbs and sugar; beat the white of one egg and add the three well-beaten egg-yolks; fold in and bake until set. Make a meringue of the remaining egg-whites and sugar. Bake in a slow oven until the meringue is browned. Serve hot with cream.

EDNA C. PUDDING—

Two and one-half cups of bread-crumbs, two eggs, one-half cup of beef suet, one-half cup of sugar, one-half pound of finely chopped figs, one-half teaspoon of salt, one cup of milk.

Work the suet with a wooden spoon until of a creamy consistency, then add the figs; soak the bread-crumbs in milk, add the well-beaten eggs, the sugar and the salt; combine the mixtures, turn into a buttered mold. Steam three hours. Serve with molasses sauce, which is made by boiling two cups of molasses and two tablespoons of butter for three minutes; remove from fire, and add two teaspoons of lemon-juice. Serve hot.

LINDSAY FIG PUDDING—

One cup of brown sugar syrup, one cup of sweet milk, one-half cup of melted butter, one cup of chopped figs, one cup of raisins, one-half cup of chopped walnut meats, two and one-half cups of flour, one-half teaspoon of soda, a pinch of salt, a teaspoon each of nutmeg and cinnamon; put in baking-powder cans; place in boiling water for two hours. This will keep for weeks, and is ready to steam and use at any time. Use any sauce desired.

A Favorite Sauce.—Take one cup of sugar, two spoons of flour, a pinch of salt, cinnamon and nutmeg to taste; mix all well together; pour on boiling water, stirring while pouring in the water and while cooking. Let cook for several minutes, add a good-sized piece of butter, and, if desired, a few chopped walnuts.

LOUIS PIERCE PUDDING—

Mix and sift thoroughly together one pint of flour, a half-teaspoon of salt and two teaspoons of baking-powder; add one cup of chopped figs, such as can be bought in bags, moisten with a scant cup of milk, beat thoroughly; half-fill buttered cups with the mixture, and steam forty-five minutes. Serve with any sauce desired.

ISABEL'S INSPIRATION—

Three cups of bread-crumbs, one and one-half cups of sugar, one and one-half cups of milk, one cup of chopped suet, one egg; one pound of dried figs, floured; steam in a buttered mold. Serve with any sauce.

A HENSON RELIABLE—

Moisten two heaping cupfuls of whole-wheat bread-crumbs with three-fourths cup of milk; add one and one-half tablespoons of honey, one beaten egg, and one-fourth pound of ground dried figs. Mash well with a spoon or a potato masher until the ingredients are well-blended. Pour into a buttered pudding dish, and bake about thirty minutes. Serve hot with apricot sauce—or any desired sauce.

STEAMED FIG PUDDING—

One cup chopped figs, one-half cup suet, three eggs, two and one-half cups soft bread-crumbs, one-third cup of milk, one cup of brown sugar, one teaspoon salt.

Cover bread-crumbs with milk. Chop figs and suet together, add other ingredients, pour into buttered melon-mold and steam for three and one-half to four hours. Serve with Stirling Sauce.

Stirling Sauce.—One-half cup of butter, one cup of powdered sugar, three tablespoons of milk, two tablespoons of wine.

Mix sugar, wine and milk, and warm in double boiler or over hot water. Add to creamed butter slowly. Do not permit the sugar mixture to become hot, only warm.

STEAMED FIG PUDDING—

One-half cup shortening, one-half cup sugar, one egg well-beaten, one cup of milk, one-half cup of molasses, two and one-half cups of flour, five teaspoons of baking-powder, one teaspoon of cinnamon, one-half teaspoon nutmeg, one-half teaspoon salt, one pound figs, chopped; one-fourth cup of currants, one-half cup of flour.

Mix the shortening and the sugar, and beat until creamy; add egg, milk and molasses; add two and one-half cups of flour sifted with baking-powder, spices and salt; beat well; add figs and currants mixed with one-half cup of flour. Pour into a greased mold, and steam three hours, or pour into greased one-pound baking-powder cans, and steam an hour and three-quarters. Serve with Cranberry Sauce or Currant Jelly Sauce. This pudding keeps well and can be re-heated in the top of the double boiler.

A MADGE MASTERPIECE—

One cup of figs chopped fine; one cup of bread-crumbs; one cup of hot milk; one-fourth cup of sugar; one cup of seeded raisins; one-half cup of currants; one-fourth cup of almonds; one-fourth cup of chopped citron; one teaspoon of cinnamon; one teaspoon of nutmeg; one-fourth teaspoon of cloves; one-fourth teaspoon of salt; one-fourth cup of chopped suet; the yolks of three eggs; the whites of three eggs; one-fourth cup of fruit-juice. Soak the bread-crumbs in hot milk; mix the ingredients in the order given; turn into buttered molds and steam for two hours.

AN ELLETA OFFERING—

One pound of figs, one-half cup of nuts, one-half pound of suet, two cups of bread-crumbs, two cups of milk, three-fourths cup of sugar, one teaspoonful of salt, one teaspoonful of cinnamon, one teaspoonful of mace, one-third teaspoonful of cloves, four yolks of eggs, four whites of eggs.

Chop the figs, nuts and suet together (cook the figs a few moments and they can be chopped more easily), mix the sugar, salt and spices and add to the beaten yolks; mix the bread-crumbs through the fig-suet mixture, then mix in the yolks and sugar, and, lastly, add the whites, beaten dry. Steam in a well-buttered mould four hours. Serve with hard or liquid sauce—or both.

FIG-SUET PUDDING—

Mix together two and one-half cupfuls of sifted flour, one level teaspoonful each of soda, salt, mace, allspice and cinnamon, and one teaspoonful of baking powder. Put through a fine sieve, then add one-half cupful of finely-chopped suet, one pound of figs cut fine, one cup of molasses, one cup of milk. Turn into well-buttered pound baking-powder cans or molds of the same size and steam for two and one-half hours. Serve with any good liquid sauce flavored with vanilla.

FIG PUDDING OR PIE—SIMPLE—

Cut one-half pound of fresh or dried figs and simmer half an hour in three-fourths pint of water, a dessert spoonful of sugar being added when nearly done. Remove and cool, when add the well-beaten yolks of two eggs. Place in a pudding or pie dish and bake in moderate oven until the yolks are set sufficiently, then on the top place a meringue made of the whites of the eggs and two tablespoonfuls of sugar. Let this brown and remove to cool.

FIG PUDDING BOUQUET—

Two pounds of dried figs, one pound of suet, one-half pound of flour, one-half pound of bread-crumbs, two eggs, spices to taste, one-fourth pound of candied lemon peel, one-fourth pound of brown sugar, milk.

Mode.—Cut the figs into small pieces, also the lemon-peel, grate the bread finely, and chop the suet very small; mix these well together; add the sugar, spice and flour; the eggs should be well-beaten, and sufficient milk to form the whole into a stiff paste; butter a mold, press the pudding into it very closely and tie it down with a cloth, and boil four hours or rather longer; turn it out of the mold and serve with lemon sauce, wine sauce or cream. Sufficient for seven or eight persons. Suitable for a winter pudding, as it should be made with the dried, white fig.

No. 2.—Beat one-half pound of sugar and one-fourth pound of butter to a foam. Add yolk of three eggs, one-half pound of finely-chopped figs, one-half pound of grated bread-crumbs, one-half cup of milk, pinch of salt, white of three eggs beaten stiff. Boil all for three hours. Serve with white wine or hard sauce.

No. 3.—Chop one-half pound of figs very fine. Mix with two tablespoonfuls of butter and add one-third cup of powdered sugar, two eggs beaten lightly without separating yolks from the whites, one cup of milk, one-fourth cup of cake-crumbs. Mix well and turn into a well-pressed mold and boil for three hours.

FIG-SUET ENGLISH PUDDING—

Chop fine six ounces of suet in three-fourths pound of flour, adding a well-beaten egg, three-fourths cup of sugar, and sufficient milk to form a smooth dough. Roll out half an inch thick and sprinkle on it one pound fine-chopped figs. Roll this up and tie in a pudding cloth, place in boiling water, and boil for two hours. A little nutmeg may be used for flavoring.

FIG-BREAD PUDDING—

Soak three cups of bread-crumbs in one and one-fourth pints of water and beat into this four eggs, a pinch of salt, two tablespoons of sugar, and one and one-third cups of chopped figs. (The figs should be first dredged in flour.) Flavor with lemon or nutmeg. Beat well and place in a pudding-dish and bake slowly for an hour and a half; or place the pudding in a tightly-covered vessel, which is to be placed in a pot of boiling water and kept at a boil for two and a half hours. Serve with hard sauce.

FIG ROLY-POLY—

Pick over and wash one pound of figs, cut into bits and place in a double boiler with one cupful of water. Cover and cook slowly until they can be beaten to a pulp with a spoon. Cool and flavor with a few drops of vanilla. Sift together one pint of flour, one-half teaspoonful of salt and one heaping teaspoonful of baking-powder, then rub into it two heaping spoonfuls of butter. Mix to a soft dough with cold milk, turn out on a floured board and roll out in a sheet half an inch thick. Spread with the fig paste and roll up tightly, pinching the ends well together. Place on a buttered pan, steam for three-quarters of an hour and stand in a hot oven for five minutes to dry off. Serve with milk or vanilla sauce.

FIG BLANC MANGE—

Make as for Banana Blanc Mange; using one cup of fig-pulp and one cup of chopped nuts and a little lemon tincture. Prepare a sauce with the yolk of an egg beaten with a tablespoon of sugar and stirred in with a pint of boiling milk. Add one teaspoon of cornstarch, wet with a little water, and remove from the fire. Nutmeg may be added, or a dash of lemon extract. Serve cold.

FIG AND RAISIN PUDDING—

Soak a large cupful of bread-crumbs in a cupful of milk for an hour; stir into them three eggs, beaten very light, three tablespoonfuls of powdered suet, and three tablespoonfuls of flour sifted with a teaspoonful of baking-powder. Have ready a half-cupful of minced figs and the same quantity of seeded and quartered raisins. Mix the fruit together, dredge thoroughly with flour, and stir it into the pudding batter. Pour the mixture into a large pudding mould with a closely-fitting top, leaving an abundance of room in the mould for the pudding to swell. Steam for fully three hours. Turn from the mould, set the pudding in the oven for five minutes, and serve with a liquid sauce.

PICADILLY FIG PUDDING—

Soak a cupful of crumbs in two cupfuls of milk for fifteen minutes, and stir into them a half-cupful of granulated sugar, three eggs beaten light, a quarter-cupful of powdered suet, a pinch of salt, a saltspoonful each of powdered cinnamon and nutmeg and a cupful of washed and dried figs, chopped coarsely. Grease a plain pudding mold with a tightly-fitting top, put in the pudding, set in a kettle of boiling water and cook for three hours. Serve with hard sauce.

FIG PUDDING—No. 1—

Soak a cupful of bread-crumbs in a cupful of milk for a half-hour. Chop enough suet to make a quarter of a cupful; beat three eggs light; cut into tiny bits a sufficient number of soaked figs to make a cupful of the minced fruit.

Turn the soaked crumbs into a bowl, and stir into them a half-cupful of granulated sugar, the whipped eggs, the powdered suet, a pinch of salt and a dash, each, of cinnamon and nutmeg. Last of all, stir in the minced figs thickly dredged with flour, beat well and turn into a greased pudding mold with a closely-fitting top. Boil for about three hours. Turn out and eat with a hard sauce.

FIG PUDDING—No. 2—

Use only the best figs, soak one hour in a little warm water, and chop enough to make a generous cupful when minced. Soak two cupfuls of fine bread-crumbs in two cupfuls of milk until very soft. Into the crumbs stir five eggs, beaten light; a half-cupful of sugar, a saltspoonful of salt, and the cupful of minced figs thoroughly dredged with flour. Beat hard for several minutes, and turn into a greased pudding mold with a close top. Set in boiling water and cook three hours. Dip the mold into cold water for an instant, then turn the pudding out upon a hot platter. Set in the oven long enough for the moisture to dry from the outside of the pudding. Three minutes in a hot oven should suffice. Send to the table and eat with a hard sauce flavored with a little nutmeg.

BREAD AND FIG PUDDING—

Cut figs into small dices. Make a custard by heating a cupful of milk and pouring it upon four eggs, beaten light, with six tablespoonfuls of sugar, then cooking it until it is just thick enough to coat the spoon. Dip crustless slices of bread for a second in milk; put a layer of them into a pudding-dish, cover with the fig-dice, and pour over all the hot custard. Then put in more bread, more figs and custard, and proceed until the dish is full. Wait a moment for the bread to absorb some of the custard, and pour the rest of the hot liquid into the dish until it is full to the brim. Cover the dish and bake until the custard is set; uncover and brown. Serve as soon as baked. Eat with a hard sauce.

A JEANIE JOY—

Mix one cup figs chopped fine with one cup bread-crumbs soaked in hot milk, one-fourth cup sugar, one cup Sultanas, one-half cup each seeded raisins and currants, one-fourth cup each chopped almonds and sliced citron, five drops cinnamon oil, three of nutmeg and two of cloves, one-fourth teaspoon of salt, one-fourth cup suet chopped fine, and three beaten egg yolks. Fold in egg whites beaten stiff and add one-fourth cup brandy. Turn into buttered molds and steam two hours well covered. Serve with rum or brandy sauce.



SAUCES FOR PUDDINGS

CRANBERRY SAUCE—

One-fourth cup of butter, one cup of powdered sugar, two tablespoons boiling water, one-half cup of strained cranberry sauce.

Cream the butter, add the sugar and water gradually and alternately; beat well, and add the cranberry sauce. The stiffly-beaten white of an egg may be added.

Serve with Cottage or Steamed puddings.

CURRENT JELLY SAUCE—

One tablespoon cornstarch, one-fourth cup of sugar, one cup of boiling water, two tablespoons of currant jelly, one teaspoon of butter, the juice of one-half lemon.

Mix cornstarch and sugar in a saucepan, add water gradually, when thickened add jelly, simmer ten minutes; add butter and lemon-juice just before serving.

C. C. B. SAUCE—

Good for puddings or for stale cake:—

To one cup of boiling water add one cup of brown sugar, one tablespoon of flour; nutmeg; one cup of chopped figs. Let all boil together for a few minutes.



FIG CAKES

A DOROTHY-ARLINE DREAM—

One-fourth cup of butter, one cup of sugar, two egg yolks, one-fourth teaspoon of salt, one and one-half cups of flour, two teaspoons of baking-powder, one-half cup of milk, two egg whites, one tablespoon of orange extract.

Cream the butter, that is, beat it with a spoon until it is of a creamy consistency; then add the sugar very gradually; when well blended, add the yolks of eggs which have been beaten with a Dover beater until lemon-colored and thick.

When the ingredients are thoroughly incorporated, add the sifted, dry ingredients alternately with the milk. When all the milk and flour have been used, beat well; then cut and fold in the stiffly-beaten whites of eggs. Bake in layers. Fill with Fig Filling, and sprinkle with confectioners' sugar.

Fig Filling.—Two cups of chopped figs, one-half cup of sugar, one-third cup of boiling water, two tablespoons of lemon-juice, one tablespoon of butter, few grains of salt. Cook the ingredients in a double boiler until of a consistency to spread.

BLINDBURY LADY-FINGERS—

One pound of Fresno dried figs, one-half pound of granulated sugar, one tablespoonful of flour or cornstarch, water to cook, pinch of salt.

Stew until tender, adding the flour dissolved in water; when thick, put aside to cool. Roll a delicate pie-crust as thin as used for a pie. Cut in strips eight inches long and two inches wide; moisten the edges, then spread the fig paste over one-half of the surface of the strips; fold over the other half and press firmly together. Use a fork to finish the edges. Cut a few tiny openings in the tops. Bake to a delicate brown.

A FORT SILL FAVORITE—

One and one-half cups of sugar; one-half cup of butter; one-half cup of sweet milk; one and one-half cups of flour; one-fourth teaspoon of salt; one teaspoon of baking-powder; one-half cup of cornstarch; the whites of six eggs. Bake in two shallow, oblong pans, in a quick oven, and put together with Fig Filling.

Fig Filling.—One-half pound of chopped figs; two tablespoons of sugar; three tablespoons of boiling water; one tablespoon of lemon-juice. Cook in a double boiler until of a sufficient thickness.

A SOUTHLAND FAVORITE—

One-fourth pound of chopped figs; one cupful of chopped raisins; one cupful of boiling water with one teaspoon of soda added; pour over the figs and raisins and let stand.

In another dish mix one cupful of granulated sugar, a scant half-cupful of butter, four eggs, (reserving two of the whites for frosting), one teaspoon of cinnamon, one teaspoon of nutmeg, one teaspoon of vanilla, and one and one-half cupfuls of flour. Add the figs and the raisins and bake in layers.

BELL'S BEST-EVER FRUIT CAKE—

One pound of butter creamed; one pound of brown sugar, one dozen eggs, one cup of molasses, two teaspoons of cinnamon, two teaspoons of nutmeg, two teaspoons of mace, one-half teaspoon of soda, one and one-half pounds of flour, two teaspoons of baking-powder, two pounds of raisins, two pounds of currants, two pounds of figs, one pound of dates, one-half pound of citron, one and one-half cups of walnut-meats, one glass of Madeira wine, one glass of Sherry wine, one pint of strawberry preserves. Wash the fruit and let it stand over night. Bake very slowly for three hours. This makes six medium-sized cakes.

WHITE FIG FRUIT CAKE—

Beat together one cup of butter and two of sugar; add one-half glass white wine and then the stiff-whipped whites of eight eggs. Add gradually three cups of flour, in which two teaspoons of baking-powder have been sifted, and at the last, one-quarter pound fine-cut citron, one-half pound chopped almonds, one teacup of light-colored currants and one-half cup grated cocoanut. Bake in layers slowly about two hours, until it does not stick to the slenderest straw. For filling, use the real Fig Jelly, or the Fig Filling Jelly, or the Fig Snow.

VERA VANITY—

One cup of chopped figs, one-half cup of sugar, one tablespoon of flour; boil the mixture until thick, watching closely as it burns easily. While this is cooking, make a cooky dough of one cup of sugar, one-half cup of shortening, one egg, one-half cup of milk, three and one-half cups of flour, two teaspoons of baking-powder, one teaspoon of soda, one-half teaspoon of salt, one teaspoon of vanilla. Cream the shortening and the sugar, add the salt, the egg well-beaten, the milk, the vanilla and flour, the latter sifted with the baking-powder and soda. Mix the dough soft; roll thin. Spread one-half of the cookies with the filling, placing other of the cookies on top. Bake in moderate oven.

KATIE DROP CAKES—

Three-fourths cup of butter, one cup of brown sugar, three eggs, one teaspoon lemon extract, one-half cup of dried figs, one-half cup of chopped walnut-meats, two cups of flour, one teaspoon of cinnamon, four teaspoons baking-powder.

Clean the figs and cut into one-fourth-inch pieces and dredge in flour. Cream the butter, add the sugar, beat the egg-yolks until light and lemon-colored and add to the butter and sugar. Sift the dry ingredients together and chop the walnut-meats fine. Beat the egg-whites stiff and fold into the mixture; then fold in the flour, and lastly the fruit and the nuts. Drop on buttered squares of tin and bake in a moderate oven until a rich brown color.

H. F. L. FRUIT CAKE—

One cup of sugar, one-half cup of butter, one cup of apple sauce, two cups of flour before being sifted, one cup of chopped raisins, one cup of chopped or dried figs, one teaspoon of soda, one teaspoon of spices, two teaspoons of baking-powder.

Cream the sugar and butter together; add the apple sauce, raisins and figs; dissolve the soda in hot water; add the spices and a pinch of salt; sift the flour and the baking-powder together and beat in the mixture thoroughly. Bake in two layers with Fig Filling.

Fig Filling.—One-half cup of ground figs, teaspoonful of butter, cup of powdered sugar; just enough cream or milk to make smooth.

RUTH-M. CAKE—

One cupful sugar, three eggs, one cupful milk, two teaspoons powdered cinnamon, three cupfuls flour, one-half cupful of Crisco, three teaspoons baking-powder, one-half teaspoonful salt, one teaspoonful vanilla, one-half teaspoonful nutmeg, one cupful of shredded figs.

Wash and dry the figs, then shred them; cream together the Crisco and sugar; add the eggs well-beaten, and beat the whole for five minutes. Sift the dry ingredients, and add to the first mixture alternately with the milk. Add the figs and flavorings, and turn into greased and floured cake tins. Bake one hour in a moderate oven.

FIG LOAF CAKE—NO. 1—

Cream two cups of brown sugar with one of butter. Add one cup of water, four eggs, three and three-fourths cups of flour, one teaspoon each of soda and grated nutmeg and two of cinnamon. Have ready, chopped and floured, one pound of dried figs cut in fine strips lengthwise, and three cups of chopped raisins, adding these just before baking.

FIG LOAF CAKE—NO. 2—

To two cups of sugar add a generous half-cup of butter, one of milk, four (scant) of flour (in which two teaspoons of baking-powder have been sifted), and four eggs. Flour two cups of chopped figs and add to batter just before placing in pans to bake.

LITTLE FIG CAKES—

Beat together five eggs. Add to this a pinch of salt, a cup each of sugar and chopped nuts, and a half cup of raisins, the juice of one lemon and a pinch of nutmeg, one cup of bread-crumbs in which has been well-mixed a rounded teaspoon of baking-powder, and one-half pound figs chopped fine. Bake in one rather thin sheet and when the cake is cold cut in small squares. This may be iced with a plain boiled icing into which has been stirred one cup of chopped figs and nuts.

And the icing—To a cup of granulated sugar add one-half cup water and let it boil until it strings from spoon, or hardens slightly in cold water. Have ready the whipped white of an egg (or two) and on this pour the boiling syrup, beating with silver fork. Add flavoring, and when the icing has thickened a little spread on the cake.

FIG LAYER CAKE—

One cup each of butter and milk; two scant cups sugar; three cups flour; four eggs; two small teaspoons baking-powder. For icing: To a cup of granulated sugar add one-half cup water and let it boil till it strings from spoon or hardens slightly in cold water. Have ready the whipped white of an egg (or two) and on this pour the boiling syrup, beating with silver fork. Add flavoring, and as the icing cools, in it should be stirred one cup of chopped figs. When the icing has thickened a little spread it on the cake.

FIG LOAF CAKE—

Mix one-half pound figs (dried) with one-half pound of pecans, add one cup flour, three teaspoons baking-powder, one-fourth teaspoon salt, one-half cup sugar and two egg yolks beaten until thick, add one teaspoon vanilla and the egg whites beaten stiff. Bake in one deep loaf pan an hour in slow oven.

A CRACKER-JACK—

Six egg-yolks creamed; one cup of sugar; one cup of chopped figs; one cup of chopped nuts; four tablespoons of cracker-crumbs; one teaspoon of baking-powder; lastly, add the slightly beaten egg-whites. Bake slowly.

A SPOERLEIN SPECIAL—

Light part—Take one and one-half cups of sugar, one-half cup of butter, one-half cup of sweet milk, one-half cup of cornstarch, whites of four eggs, one and three-fourths cups of flour; one and one-half teaspoons of baking-powder.

Dark part—One and one-half cups of sugar, yolks of four eggs, three-fourths cups of butter, one-half cup of water, one-half pound of seedless raisins, one-half teaspoon each of nutmeg and cinnamon, one-half pound of figs split the broad way, one-half teaspoon of soda, one teaspoon of cream of tartar, two cups of flour.

When baked, put together, using the light and dark layers alternately, with or without icing.

Filling For Cake.—Put one-half pound of figs, chopped fine, in a saucepan with one pint of cold water and one cup of sugar; cook slowly, until thick enough to spread without running, then let cool. Then, with the whites of three eggs and two tablespoons of water mix powdered sugar enough to make stiff; spread on the cake rather thickly, then a layer of the figs, and on top of the figs spread another layer of the eggs and sugar mixture. This makes a filling of about an inch in thickness. The whole, just Angels' food.

SAVON APPLE CAKE—

One and one-half cups of brown sugar, one-half cup of butter, one and one-half cups warm apple-sauce, two cups of flour, two level teaspoonfuls of soda, one teaspoonful of cinnamon, one teaspoonful of nutmeg, one-half cup of chopped nuts, one cup of chopped figs. Cream the butter and sugar, add the warm apple-sauce, soda and flour; roll fruit and nuts in flour and add last. Bake slowly, taking care that the mixture don't fall.

S. H. N. FRUIT CAKE—

One pound of butter, one pound of dark brown sugar, one pound of flour, "browned"; two nutmegs, two teaspoons of cloves, two teaspoons of cinnamon, ten eggs, two pounds of figs chopped fine, two pounds of raisins, two pounds of currants, one-half pound of citron, two pounds of English walnut-meats, one pint of black molasses, one teaspoon of soda, one-half cup of rose-water. Bake three or four hours.

BAYLEY LOAF—

Two cups of sugar, one cup of butter, both beaten to a cream; three eggs, the whites beaten separately; three cups of flour, with one teaspoon of cream of tartar stirred in; stir well the yolks of the eggs with the sugar and the butter; add two cups more of flour, with one teaspoon of cream of tartar, one cup of sweet milk, the whites of the eggs, and stir well together. Add one nutmeg, one pound of dried figs (ground), one-half pound of raisins (dredged with flour), one teaspoon of soda dissolved in four tablespoons of water. This makes two goodly loaves.

A JOHNSON BROWNIE—

One-half pound of ground dried figs, one cup of raisins, one even teaspoon of soda dissolved in one cup of boiling water poured over the figs and raisins. Let stand while mixing the cake part. One cup of sugar, one-half cup of butter; cream the butter and add four eggs, reserving two whites for the icing. Do not beat the eggs, but stir them into the cake; add chopped nuts to suit the individual taste; add one teaspoon of cinnamon, one-half teaspoon of allspice and a part of a grated nutmeg; one and one-half cups of flour, one teaspoon of baking-powder. Bake in three layers and then ice.

J. A. S. FIG LOAF—

One cup of sugar, a half-cup of shortening, one cup of figs, one cup of raisins, one and one-half cups of flour, two eggs; one teaspoonful each of cinnamon, nutmeg and vanilla. Chop the figs and the raisins fine, pour over them one cup of boiling water, add one teaspoonful of soda. Cool, before mixing in the other ingredients. Place in a well-greased pan, and bake slowly.

A LULU C. LAYER—

One-third cup of butter, one cup of sugar, one egg, one cup of milk, one-half cup of chopped figs, two cups of flour, one-third teaspoon of salt, two teaspoons of baking-powder. Beat the butter and sugar until creamy; add the beaten egg and milk; add the figs; stir in the flour, salt and baking-powder sifted together. Bake in layers for about twenty minutes and fill with the "Belmont Ave." Filling.



FILLING FOR CAKES

BELMONT AVE. FILLING—

One pound of figs, one cup of water, two table-spoons of sugar, the juice of one lemon. Put the figs through a medium meat-chopper; add the water and the sugar, and cook until a thick pulp is formed; add the lemon-juice, beat well, and when cool, spread between the layers of cake. This is fine as a filling for any plain cake.

FIG FILLING-JELLY FOR CAKE—

Chop or shred one pound of figs and boil until tender in one coffee-cupful of water, in double boiler. Add one and one-half cups of sugar and one teaspoon of vanilla. Boil down until smooth and thick. Spread while warm.

FIG SNOW FOR FILLING—

Mix fig pulp (fresh, or steamed, or stewed) with whipped cream or meringue as for Banana Filling for Banana Layer Cake.

FIG FILLING—

Scald, dry and chop one-half pound figs (dried), add to one-half cup cream whipped stiff with one teaspoon lemon-juice. Fill cakes and cover with frosting.

FIG AND DATE FILLING—

One cup of figs, one cup of dates, one-half cup of sugar, one-half cup of boiling water, the juice of one-half lemon.

Wash, dry and chop the figs; wash, dry, stone and chop the dates; mix fruit with sugar, water and lemon-juice, and cook over hot water until thick enough to spread.

FIG FILLING—

Put one cupful of water into a saucepan over the fire and add one-half cupful of sugar. Add one pint of figs, finely chopped, to the syrup and cook together until soft and smooth. When cold, spread between the layers of the cake.

FIG FROSTING—

One cup of confectioners' sugar, one egg white, one teaspoon flavoring extract, one-half teaspoon of lemon-juice. Mix ingredients and mix until thick. Add one cup of figs which have been boiled in one-half cup of water until tender, and chopped until fine.



FIG PIE

THOMPSON PIE—

Put crust in pan, peel and slice fresh figs in pan, sprinkle with sugar and a little cinnamon, add a little water, put on top crust and bake in a rather slow oven.

A POLLY PASTRY—

For two pies use a pound of dried figs. Wash them and place in a crock with a quart of milk to heat slowly. When soft, crush them or put through a colander. Add an egg or a teaspoon of dissolved cornstarch to thicken, then place in a baked pastry shell. Whipped cream or a meringue may be used with this or thin lattice strips of paste laced over it.

FIG-NUT PIE—

One cup of ground figs; one-half cup of nut-meats; one-third cup of sugar; one cup of milk; two cups of water; yolks of three eggs; whites of eggs for frosting; four tablespoons of cornstarch.

Grind the figs and the nuts, add to milk and water and heat; add the sugar, and when all is mixed, stir in the cornstarch which has been made smooth with a little milk; add the egg-yolks, cook a little longer, then put into the previously-baked crusts. Sufficient for two large pies.

COTTAGE CHEESE PIE—

One-half cup of finely-chopped figs soaked in one cup of milk for about two hours; one cup of very fine, smooth cottage cheese—add to this two well-beaten eggs. Add gradually one-fourth cup of sugar, then add the milk and the figs; one-half teaspoon of salt, and one tablespoon of lemon-juice. Bake in one crust.

SOUR CREAM PIE—

One cup of sour cream; one cup of sugar; one cup of dates; one teaspoon of vinegar, one teaspoon of cinnamon; one-half teaspoon of cloves. Line a pan with the crust, bake a little, add the filling, and bake until the filling is set.

SWEET CREAM PIE—

Make and bake a crust and set it away to cool. One cup of whipped cream; two teaspoons of sugar; one-half cup of finely-ground figs; flavoring to taste. Whip the cream until stiff, then add the figs, sugar and flavoring. When the crust is cool, fill in with the cream, and set in a cool place until used. Must be eaten the same day it is made.

FIG CREAM PIE—

Four tablespoons of Crisco; four tablespoons of flour; three-quarters teaspoonful of salt; two cups of milk; one-half cup of sugar; one cup of chopped figs; two eggs well-beaten; plain pastry.

Melt the Crisco and in it cook the flour and salt till frothy; add the milk and stir until boiling; add the sugar and the figs, and stir until the figs are softened a little. Beat in the eggs; turn into pie-plate lined with pastry. Bake until the crust is brown and the custard set.

BUTTERMILK PIE—

One cup of buttermilk; one-fourth cup of sugar; one cup of chopped figs; one tablespoonful of flour; one-half teaspoon of cinnamon. Bake in two crusts.

COMBINATION PIE—

Two cups of chopped figs; one cup of raw apples; one egg; one-fourth cup of sugar; one and one-half cups of milk. Put the figs and apples through a meat-chopper; add the rest of the ingredients, and bake in one crust, with twisted straps across the top.

CHRISTMAS PIE—

Three large lemons; two dozen apples; two pounds of seedless raisins; one pound of currants; four pounds of brown sugar; one ounce each of candied orange, lemon and citron peel; one small pot of marmalade; one and one-half pounds of suet; one pint of boiled cider. Bake in the same manner as a mince pie.

A JENNEY JOY—

Cut fine three-fourths of a pound of fresh or dried figs; add one and one-half cupfuls boiling water and let it cook about a half-hour, or until the skins of the figs are tender; beat the yolks of two eggs; add two teaspoons of sugar, and beat again, with a few grains of salt; stir this into the figs and let cook until the egg is set, stirring meanwhile. Turn into a plate lined with cooked pastry. Beat whites of two eggs very light; gradually beat in four tablespoonfuls of sugar and spread over the pie. Dredge with granulated sugar; let cook in a very slow oven for about twenty minutes.

CLAYTON PIE—

Two cups of figs, one cup of raisins, one-half cup of sugar, make paste with one and one-half cups of water. Use seedless raisins whole, chop the figs, add the sugar and cook until well-done; cool, and bake between two crusts for twenty minutes. This recipe is delicious with but the figs, adding the juice of one-half of a lemon.



FIG STEWS & STEAMS

STEWED FIG FAVORITES—

Figs may be stewed in three different ways, if the dried fruit is used:—

1—Wash figs and place in cold water over night, using a pint of water to a pound of figs. Next morning bring the figs (in same water) slowly to a boil and when tender add half the quantity of sugar that there is juice, cooking down until the syrup is thick. Serve cold with cream.

2—Stem the figs till soft, then place them in boiling syrup for a moment, setting them back where they will not even simmer, for twenty minutes or more, when remove the figs, cook down syrup till thick and pour it over the fruit.

3—Wash and cover the figs with wine, letting stand over night. Then barely simmer till tender, treating the syrup as above.

Fresh figs require simply to simmer for a few moments in a very little water before adding sugar, when let a syrup form before removing. Pineapple, ginger, lemon, rhubarb or other fruits may be used to flavor.

STEAMED TASTIES—

One-third cup finely-chopped figs, one-half tablespoon sugar, one-fourth cup water, one teaspoon lemon-juice, few grains of salt. Cook figs, sugar and water two hours in top of double boiler. Add lemon-juice and salt. Chill before serving. One-half tablespoon Sherry wine may be added if desired.

A SAXON SUGGESTION—

One-half pound of figs, one pound of prunes, one-half pound of raisins. Cook prunes until soft, stone them, add the raisins and figs (which may be cut), boil a few minutes until soft. Can be used with nuts and rice as a pudding, or when cold as a spread for bread.

STEAMED FIGS—

This should be done always in closed but not tightened jars. Families may use a common wash-boiler, furnished with a loose inner perforated bottom of tin or galvanized iron, kept from the bottom by four stout legs soldered to the loose bottom. The space below the bottom is nearly filled with water. The jars, with fresh figs, are placed above, and finally over the boiler is put its regular cover. This is a much better way than boiling the figs in kettles of any kind over direct fire, as it prevents burning or mashing of the figs, saves handling, preserves the flavor, etc.

CREAMED FIG STEWS—

Use the large, whole figs, usually seen in bags. Wash them in lukewarm water, then add fresh, cold water and let them soak until plump. Heat gradually and let them simmer until very tender. Skim them out and boil down the syrup until thick, adding lemon-juice to remove the excess of sweet. Strain it over the figs and serve cold, with plain cream, or surrounded with whipped cream.

A LOWNEY FAVORITE—

Wash the figs; cut in pieces; for each cup of figs add one-quarter cup of cold water; simmer one hour; add sugar and lemon-juice if desired.

HUFFMAN HOUSE STEAMS—

Wash the figs in hot water, cut off the stems and blossom ends; place in a steamer or in a colander over hot water, cover tightly and steam from twenty to thirty minutes. Serve with or without cream. This is one of the most delicious ways of serving figs.



SANDWICHES

HENSON SANDWICHES—

Six ounces of chopped figs; half a glass of water; one tablespoon of orange-flower water; whipped cream, violets and Angelica.

Stew the figs until the water is absorbed; add the orange-flower water; cool and spread on wafers. Decorate with the cream, violets and Angelica.

PEANUT-FIG SANDWICHES—

Chop fine a quarter of a pound of figs; add to them a quarter of a cup of water, and cook to a smooth paste; add one-third of a cup of peanuts, ground and mixed to a paste, with the juice of a lemon. When cold, spread on thin slices of bread or cake.

FIG-NUT SANDWICHES—

Chop one-fourth pound of figs very fine, add one-fourth cup of water, and cook to a smooth paste; add, also, one-third cup of almonds, blanched, chopped very fine and pounded to a paste with a little rose-water, also the juice of half a lemon. When cold, spread the mixture upon lady-fingers or cakelets, white or yellow, press another above the mixture and serve upon a handsome doyle-covered plate. Bread may be used instead of the cake.

HURRY-UP SANDWICHES—

Chop dried figs until soft enough to spread between thin slices of buttered bread. If good butter and wholesome white or brown bread are used one has a most satisfying luncheon, one that contains all the requirements of fat, sugar, nitrogen, etc. One may substitute finely-chopped nuts for the butter, for variety, if one wishes.

CREAMED-FIG SANDWICHES—

Chop figs fine. Add half as much finely-chopped English walnut or pecan-meats; moisten with creamed butter, add a pinch of salt and spread between two thin slices of bread.

SUPREME SANDWICHES—

Stew the figs, season with wine and lemon-juice, and use for a filling with white of graham bread sandwiches.

ONE-MINUTE SANDWICHES—

Fill thinly-sliced bread and butter sandwiches with stewed figs.

FIG-CHEESE SANDWICHES—

Wash one-half pound of pitted prunes; mix with one-half pound of seeded raisins, one-half pound of stoned dates, one-half pound of washed dried figs, one-fourth pound of blanched almonds, one-fourth pound of Brazil nuts, and one-fourth pound of pecan nuts. Put all through a meat-chopper; first a little of the fruit, then a few of the nuts. Continue this until all of the fruit and nuts are chopped and mixed. Add the juice of two oranges, and knead with the hands. Pack down in baking-powder cans and stand aside in a cool place.

When wanted for use, set the pan in a pan of hot water, loosen the sides and pull out. Slice thin.

This may be served in the same manner as cold meat for either luncheon or supper.



FIG TURNOVERS

A HENSON SPECIAL—

Mix and sift three cups of flour, three-quarters of a teaspoonful of salt, and four teaspoonfuls of baking-powder. Rub one and a half teaspoonfuls of butter into the flour; beat one egg; add to the egg one cup of milk, and add gradually to the flour. The dough should be soft but not wet. Turn out on flour-board and roll to a half-inch thickness; cut with a biscuit cutter; dip a silver knife-handle into flour and bend the cakes in the middle by pressing the knife on them. Have ready eight or ten figs chopped fine; put a tablespoonful of the figs on half of the cake, brush over lightly with the white of an egg, fold over the figs and press the edges together. Bake for twenty minutes in a quick oven. Serve hot.

CHRISTY TURNOVERS—

One quart of whole-wheat flour, one tablespoonful of butter, one egg, one-half teaspoonful of salt, one and one-half cups of milk, two teaspoonfuls of baking-powder. Add the salt and baking-powder to the flour, and sift. Rub in the butter; beat the egg, add to it the milk, and add this gradually to the flour. The dough must be soft, but not too wet. Turn it out quickly, roll into a sheet a half-inch in thickness, cut with a large round cutter. Dip a knife-handle into flour, press down in the center of each biscuit, making a sort of hinge. Have ready eight or ten pulled figs chopped fine. After making the hinge, put a tablespoonful of the fig mixture on half the roll, brush inside the edge with white of egg, fold over the other half, press the two together, brush with milk and bake in a quick oven twenty minutes. Stand in a greased shallow pan sufficiently far apart not to touch in the cooking. Serve warm with a pitcher of cream or milk.

H. A. R. TURNOVERS—

One cup chopped figs, one-half cup of sugar, one heaping teaspoonful of flour, one tablespoonful of orange juice, the grated rind and juice of one lemon. Mix all together. Roll a rich pie-crust thin, cut into four-inch lengths or squares; on one-half of these squares put a tablespoonful of the mixture, and cover the other half of pie-crust square, press the edges tightly and bake in a moderate oven.



CANNED FIGS

CANNED FIG DROPS—

To three quarts boiling water add two heaping tablespoonfuls soda; now dip your figs in the water for one minute and skim them out; then wash them thoroughly in two or three waters, or until there is no color left in the water. To ten pounds of figs allow eight pounds of sugar; add just enough water to dissolve the sugar; when boiling hot drop in the figs, having first selected them with care so as to avoid any that are broken or over-ripe; let them simmer slowly two hours; now remove the figs and boil down the syrup quite thick; replace the figs; bring all to a boiling heat, after which they are ready for canning after the usual method. A few slices of lemon with its juice will improve its flavor.

A WINTER DELIGHT—

Figs for canning should be sound and firm. Treat them for a soda bath, as for preserving. Rinse through two cold-water baths, drain and cook for forty to sixty minutes in the syrup (two cupfuls of sugar, four cupfuls of water). Cool, pack and cover with the syrup and process for thirty minutes in quart jars. When canning in tin, the figs retain a better color and flavor if canned in enamel-lined cans.



FIG BREAD & BISCUITS

STEAMED INDIAN BREAD—

One and one-half cups corn meal, one cup rye meal, one-half cup of flour, one and one-half teaspoons soda, one teaspoon salt, two-thirds cup of molasses, one cup of water, one cup of milk, one cup of chopped figs.

Mix and sift dry ingredients, add molasses, liquid and figs. Pour into greased one-pound baking-powder boxes, and steam steadily for one and three-quarter hours. Or pour into a large greased mold and steam for three hours.

CAMBRIDGE MUFFINS—

One-quarter cup shortening, one-fourth cup sugar, one egg, three-fourths cup of milk, two cups flour, four teaspoons baking-powder, one-quarter teaspoon salt, one cup chopped figs.

Cream the shortening; add the sugar and egg well-beaten; beat well, add the milk, flour, baking-powder and salt, which have been sifted together; add the figs; beat again, and bake in hot, greased muffin pans twenty minutes in a moderate oven.

FIG ROLLS—

Two cups flour, four teaspoons baking-powder, one teaspoon salt, two tablespoons shortening, three-fourths cup of milk.

Mix and sift dry ingredients, rub in shortening until fine and crumbly, and add milk to form a soft dough; a little more or less may be required, according to the brand of flour used. Roll out one-half, and cut in rounds with three-inch cutter; spread with soft butter, sprinkle with cinnamon and sugar and put sliced figs on half of each roll; fold over, press edges firmly together, brush with milk, and bake in hot oven fifteen minutes. Allow one-half teaspoon cinnamon to two tablespoons of sugar.

MARY GREEN BREAD—

One cup corn meal, one cup entire wheat flour, one cup white flour, one and one-half teaspoons salt, one-fourth teaspoon soda, five teaspoons baking-powder, one-fourth cup molasses, one cup chopped figs, one-half cup chopped nut-meats, one egg well-beaten, one and one-fourth cups milk.

Mix and sift dry ingredients; add other ingredients in order given; mix well, turn into a greased bread-pan, cover with a cloth, let stand fifteen minutes; bake in a moderate oven fifty minutes.

BREAD OF LIFE—

One cup scalded milk; one cup boiling water; one-fourth cup molasses, two tablespoons of shortening, two teaspoons of salt, one-half yeast cake, one-fourth cup lukewarm water, four cups entire wheat flour, one cup chopped figs.

Mix milk, water, molasses, shortening and salt; when lukewarm, add yeast, dissolved in lukewarm water, and flour; mix and beat well; let rise until double in bulk; add figs, beat well, turn into two greased bread-pans; let rise until light, and bake one hour. The oven should be hot for the first fifteen minutes, and then the heat should be reduced.

FIG GEMS—

To half a cup of chopped figs add the well-beaten yolk of one egg, a pinch of salt, half a pint of sweet milk, two scant cups of flour in which two teaspoons of baking-powder have been sifted, adding a tablespoon of oil or butter before beating in the whipped white of the egg. Bake for twenty minutes rather briskly.

GRAHAM BISCUIT DREAMS—

Scald one cupful of sweet milk; add one-fourth cupful of granulated sugar, one-half teaspoon of salt, one heaping-tablespoon of butter; stir until the sugar is dissolved and the butter is melted, then set aside to cool.

In another dish mix one and one-half cupfuls of graham flour, one cupful of white flour, and two and one-half rounded teaspoonfuls of baking-powder. When the milk is cold add to the dry ingredients with one well-beaten egg. Beat the whole vigorously for a few minutes, stir in one-half cupful of figs, chopped very fine and dredged with flour. Fill hot, greased gem-pans half full and bake in a hot oven to a golden brown.

These are delicious with jam or marmalade.

MERIHEW WHITE LOAF—

Three cups of flour; three cups of chopped figs; one cup of chopped nuts; two cups of milk; one teaspoon of salt; three tablespoons of baking-powder; one tablespoon of shortening. Mix well, put into a bread-pan and bake one hour.

M. M. A. FIG-COFFEE BREAD—

Sift together two cups of flour, two tablespoons of sugar, one-half teaspoon of salt, four level teaspoons of baking-powder. Beat together three level tablespoons of Crisco, one-half cup of sweet milk and one egg. Beat well and add one-half cup of chopped dried figs (either black or white); add nuts if desired. Add more milk if batter seems too stiff. Pour into a greased baking-pan and cover with the following mixture:

Fig-Coffee Bread Mixture.—Two tablespoons of flour; one tablespoon, level full, of cinnamon; four tablespoons level-full of sugar, four tablespoons level-full of butter. Mix in a bowl and set in a pan of warm water. Cover the pan of dough and let stand ten minutes in a warm place before baking.

This bread is delicious, either warm or cold.

ROBINSON BROWN BREAD—

Two cups each of graham flour, rye meal and white corn meal, three and one-half cup of sweet fresh, or condensed milk, two heaping teaspoons of baking-powder, two teaspoons of salt, one and one-half cups of corn syrup, one cup of figs, ground or cut up fine.

Mix meal, flour, salt and baking-powder; add syrup and milk; after mixing thoroughly add the figs. This will fill three baking-powder cans (25-oz.) two-thirds full; cover tightly; steam three and one-half hours, or till it stands the straw test; remove from cans, brown slightly in oven. Slice thin while hot and serve with butter, peanut butter or honey. It is also delicious for cold-lunch sandwiches.

PEARL FIG BREAD—

Two cups of chopped figs; four cups of flour; one egg; one-half cup of sugar; two cups of milk; one teaspoonful of salt; four teaspoons of baking-powder.

Sift the dry ingredients; add the egg well-beaten; add the figs and milk. Mix well together; let stand twenty-five or thirty minutes; bake in a moderate oven for forty-five minutes.

FIG MUFFINS—

Follow above recipe for Fig Bread; half-fill greased muffin tins, let rise until light, and bake for twenty-five minutes in hot oven.

BISCUITS O' BENT—

Put two cups of flour into a pan, work into it one-fourth cup of shortening, one teaspoonful of salt, two teaspoonfuls of baking-powder and one-half cup of chopped figs. Wet with one cup of rich, sweet milk, and if more flour is needed, add until just stiff enough to handle. Roll to the usual thickness, and bake in a quick oven.

FIG-YEAST BREAD—

One cup of warm, left-over cereal; three tablespoons of brown sugar; a little salt; flour; two tablespoons of shortening; one-fourth cake of yeast or a small amount of liquid yeast; one-fourth cup of warm water.

Mix the cereal, the sugar, the salt and the shortening, add the yeast-cake dissolved in water, and sufficient flour to knead. Let rise over night. In the morning when kneading, work in one-half cup of English walnut-meats, chopped, and one-third cup of chopped figs. Shape into a loaf, let rise; bake in a moderate oven. This bread is very good for sandwiches.

HAYWARD BROWN BREAD—

Two cups of yellow corn meal; one cup of rye or graham flour; one teaspoonful of salt; one teaspoonful of soda; one cup of very dark molasses; one and one-half pints of water; one cup of raisins; one cup of chopped figs. Put into a greased mold, and steam two or three hours, either on a stove or in a fireless cooker.



FIG COOKIES AND CRULLERS

CHRISTMAS CAKES—

Six eggs; one cupful of granulated sugar; one cupful of sifted bread-crumbs; one tablespoonful of lemon-juice; one cup of almonds chopped fine; one cup of figs chopped fine; one-half pound of dates chopped fine; one teaspoonful of baking-powder.

Beat the egg-yolks and sugar well, and, gradually, in succession, beating well all the time, the lemon-juice, nuts, dates, figs, bread-crumbs and baking-powder mixed; add lastly the whites of eggs beaten until stiff. Bake in a single sheet about one-half inch in thickness. Cover with plain boiled icing, and sprinkle generously with a mixture of chopped figs, dates and nuts. Cut into small diamond shapes.

DOROTHY ARLINE COOKEYETTES—

One cup of sugar; one cup of butter; two eggs; one pound of chopped figs; one-fourth pound of chopped walnut-meats; one teaspoon of soda sifted into two cups of flour. Drop in small balls three inches apart on greased cookie tins.

C. E. L. COOKIES—

One cup of sugar, one-half cup of shortening, one-half cup of milk, one egg, a pinch of salt, two and one-half cups of flour, two heaping teaspoons of baking-powder; flavoring if desired. Roll cookies very thin; cut out and spread one teaspoon of the jam in the center of a cookies, placing another cookie over it—and bake in a moderate oven.

Cookey Filling.—One cup of fig jam, two table-spoons of sugar, one tablespoon of flour; boil until thick.

FIG CRULLERS—

One cup of butter, one and one-half cups of sugar, three eggs. Beat all to a cream. Add one teaspoonful of cinnamon, one of cloves, a cupful of walnut-meats in rather large bits; one pound of dried figs chopped fine; three and a half cupfuls of flour. Mix well, roll into a sheet and cut into shapes. Set in a cold place for an hour and fry in a deep fat.



ENGLISH CHUTNEY SAUCE

ENGLISH CHUTNEY SAUCE—

One-half pound of figs; one-half pound of raisins; one pound of apples; one dozen ripe tomatoes (the canned fruit may be used); two red peppers; one-fourth cup of mint leaves (fresh or dried); six small onions; one ounce of white mustard seed; one and one-half quarts of vinegar, boiled and cooled (do not have too strong); one pound of granulated sugar.

This requires no cooking. Put everything through the meat-grinder. Heat the salt and the sugar with the vinegar, and let cool before pouring over the rest of the ingredients.

Pour all into a crock or jar, and let stand ten days, stirring each day—then it can be bottled. Fine with meats.

TAMARIND CHUTNEY—

Two pounds of figs; one-half pound of green ginger-root; one pound of layer raisins; two table-spoons of salt; one pound of onions; one-fourth pound of chillies; one-fourth pound of brown sugar; one-half pint of vinegar; a one-half pound jar or bottle of tamarinds.

Remove the stones from the tamarinds and chop fine; chop the figs fine; stone and cut the raisins in quarters; chop the onion fine; pound the chillies, and scrape and slice the ginger. Mix all of the ingredients together, bottle and seal.

INDEX

	Pages
Dainty Delights	1-3
Fig Specials	4-7
Fig Confections	8-15
Fig Tarts and Wafers	16-17
Fig Ices	18-20
Breakfast Specials	21-22
Stuffed Figs	23
Fig Pastes	24-25
Fig Marmalade	26-27
Fig Preserves	28-32
Fig Salad	33-35
Fig Pickles	36-38
Fig Jams and Jellies	39-43
Fig Puddings	44-51
Sauces for Puddings	52
Fig Cakes	53-59
Filling for Cakes	60-61
Fig Pie	62-64
Stewed and Steamed Figs	65-66
Fig Sandwiches	67-68
Fig Turnovers	69-70
Canned Figs	71
Fig Bread and Biscuit	72-75
Fig Cookies and Crullers	76-77
Fig Sauces	78

CROWN PRINTING AND ENGRAVING CO.
FRESNO, CALIFORNIA



**GENERAL LIBRARY
UNIVERSITY OF CALIFORNIA—BERKELEY**

RETURN TO DESK FROM WHICH BORROWED

This book is due on the last date stamped below, or on the
date to which renewed.

Renewed books are subject to immediate recall.

Agric. Reference Service

NON-CIRCULATING BOOK

SEP 9 1985





THE
J. C. FORKNER
FIG GARDENS

RECIPES

