

CELEBRATING A VALLEY TREASURE

Savor Gourmet Food Samples from the Central San Joaquin Valley Culinary Leaders.
Enjoy Fresh and Dried California Figs, Delicious Recipes and More at the 7th Annual Fig Fest!



Fig Fest 2010

Dear California Fig Lovers,

Welcome to the 7th Annual Fig Fest! Today the picturesque lawns of California State University at Fresno come alive with an array of tastes and aromas showcasing a true valley treasure, The California FIG!

At the peak of the fresh and dried fig season, California Fig Growers, along with the area's finest chefs and artisan food makers roll out the red carpet to treat fig enthusiasts to their fill of delicious edibles. To get your mouth watering and your taste buds ready....imagine sampling pick-of-the-crop California-grown dried and fresh figs, luscious poached figs in port wine reduction with honey cream, piping hot beignets with a twist you won't find in New Orleans. Further indulge in a warm fig and thyme crisp, cool fig and carmel ice cream and fig cinnamon rolls that are perfect for an early morning wake-up or a late night decadent dessert. Feast on bold fig barbecue sauce, honey yogurt sauce with grilled figs wrapped in prosciutto, gorgonzola, cheddar and much, much more! These are just a few of the yummy tastings you will enjoy throughout this once-a-year event.

On behalf of event organizers, the California Fig growers and Slow Food Madera, we invite you to enjoy these extraordinary dishes and to learn how each of the distinctive and unique flavors were created with the not-so-secret ingredient....California FIGS!.

Slow Food is an idea, a way of living, and a way of eating that links the pleasure of food with a commitment to community. The pleasures of good food can help build community and celebrate culture and regional diversity. In the spirit of the Slow Food movement, today's event will raise funds for Fresno State Ag One Foundation, Slow Food Madera and The Bulldog Food Pantry.

Fig Fest has always been about great food, fun and friends. Building on that theme, this year we will include wares from gourmet purveyors that complement and enhance the delicious offerings of our chefs – from crafters and producers of artisan cheeses, organic foods, specialty bread and desserts, nuts, quality meats, olive oils and organic produce, along with hand-crafted jewelry, face painting and more!

Also, back by popular demand is Pétanque. Pronounced “pay-tahnk,” it is one of Europe's most popular outdoor games, and a first cousin of the Italian game bocce. You and your family can enjoy a Pétanque demonstration or compete for prizes! The game of Pétanque is simple, relaxing, lots of fun, and a perfect way to make new friends – which is why it perfectly complements Fig Fest.

Thank you to the many chefs, artisan food companies, fig growers and suppliers, the Fresno Pétanque Club, and you – our guests – for making today unforgettable. Bon Appetit!



Karla J. Stockli
Chief Executive Officer
California Fig Advisory Board
California Fresh Fig Growers Association
www.californiafigs.com | www.calfreshfigs.com



Tom Willey
Co-President Slow Food Madera
Governor Slow Food Central San Joaquin Valley
Owner, Willey Farms, Madera
www.slowfoodmadera.org

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Slow Food Madera

1241 De Cesari Avenue
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A group of citizens promoting and preserving an authentic regional food culture in the Central San Joaquin Valley's Communities.

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SPICY HONEY POACHED FIGS

Recipe by Max's Bistro & Bar,
Fresno, California

Succulent poached figs come alive with port, vanilla beans, cinnamon, cloves, peppercorns and a zest of lemon for a perfect balance of flavors to finish the evening.

INGREDIENTS

Honey Cream

- ½ cup heavy whipping cream
- ½ cup sour cream
- ¼ cup honey
- Pinch of salt

Poached Figs

- 12 fresh California figs
- 1½ cups port
- 2 cinnamon sticks
- 2 peppercorns
- 2 whole cloves
- 1 tablespoon honey
- 2 vanilla beans, scraped
- 1 tablespoon balsamic vinegar
- Zest of 1 lemon
- Zest of 1 orange
- Fresh mint; for garnish

PROCEDURE

Honey Cream. In a bowl, beat whipping cream together with sour cream until stiff peaks form. Fold in ¼ cup honey and salt; chill.

Poached Figs. Cut small thin slices from bottom of each fig so it stands up straight. Remove stems and score top of each fig with an x about ¼ inch deep; set aside. Measure port into small saucepan; add cinnamon sticks, peppercorns, cloves, 1 tablespoon honey, vanilla beans, vinegar, lemon and orange zests. Bring to boil over medium heat. Reduce heat and simmer for about 30 minutes; then, add figs and cook for 5 minutes more.

To Serve

Divide and spoon a portion of Honey Cream onto center of each of 6 individual serving plates. Arrange 2 figs along side and drizzle with poaching liquid; top each with a sprig of mint.

Serves 6



FIG AND ORANGE BEIGNETS

Recipe by Cracked Pepper Bistro,
Fresno, California

Unique flavors of figs paired with Mascarpone cheese and a zest of orange create a memorable “Big Easy” Beignet that you won't find in New Orleans!

INGREDIENTS

Beignets

- 1 package (2¼ teaspoons) active dry yeast
- 1½ cups warm water (110°F)
- ½ cup granulated sugar
- 1 teaspoon salt
- 2 eggs

- 1 tablespoon fresh orange zest
- 1 cup evaporated milk
- 7 cups all-purpose flour, divided
- ¼ cup shortening, softened

Filling

- 2 cups finely diced fresh or dried California figs
- 1 cup Mascarpone cheese
- 1 cup goat cheese
- 1 tablespoon orange zest
- 1 quart vegetable oil; for frying
- ¼ cup powdered sugar

PROCEDURE

In large mixer bowl, dissolve yeast in warm water (110°F). Add sugar, salt, eggs, orange zest, and milk; beat well. Add 4 cups flour, a little at a time, and beat until smooth. Beat in shortening and then add remaining 3 cups flour. Shape into ball; wrap in plastic wrap, and chill overnight or up to 24 hours.

In small bowl, mix ingredients for filling all together; turn into pastry bag fitted with long tube and set aside.

To Serve

Roll out dough to ⅛-inch thick. Cut into 1-inch squares. Fry in hot oil at 360°F (180°C). Drain on paper towels.

Insert pastry tube into each beignet and squeeze bag to fill pastry. Sprinkle with powdered sugar. Best when served warm.

Makes: 10 dozen miniature beignets

BAKED BRIE WITH GRILLED MISSION FIGS

*Recipe by Trelia Restaurant,
Clovis, California*

Grilled fresh figs and balsamic reduction take this baked Brie from ordinary to extraordinary.

INGREDIENTS

Balsamic Reduction

1 teaspoon granulated sugar
4 cups balsamic vinegar
2 cups dried California Mission figs, quartered

Pistachio Butter

1½ cups shelled pistachios, toasted and divided
½ cup clarified butter

1 tablespoon granulated sugar
Salt and cayenne pepper; to taste

Baked Brie

4 sheets phyllo dough
½ cup unsalted butter, melted
1 wheel Brie (8-inch)
Vegetable oil, as needed
8 fresh California Calimyrna figs, cut in half lengthwise
Salt and pepper; to taste
Watercress; for garnish

PROCEDURE

Balsamic Reduction. In large saucepan, combine sugar, vinegar and dried figs; bring to boil over medium-high heat. Reduce heat and simmer 30 minutes. Strain and discard figs. Return liquid to saucepan; simmer gently over low heat until reduced to ½ cup. Transfer to squeeze bottle and chill.

Pistachio Butter. Reserve 2 tablespoons pistachios and combine remainder with clarified butter in blender or food processor. Pulse on high until smooth. Add sugar, season with salt and pepper. Set aside.

Baked Brie. Preheat oven to 350° F. Brush phyllo sheets with melted butter; stack and cut into quarters. Divide wheel of Brie into quarters and place one quarter, bottom up, in center of each square. Fold phyllo up and over Brie, to fit tightly. Trim and seal phyllo.

Heat vegetable oil in nonstick skillet and lightly brown wrapped Brie on all sides. Transfer to baking sheet, seam side down, and bake at 350° F for 8 to 10 minutes. Season figs with salt and pepper; grill until warmed through.

To Serve

Warm pistachio butter in microwave and spoon 1½ tablespoons onto each of 4 individual serving plates. Arrange Baked Brie and 4 grilled fig halves in center and sprinkle with reserved pistachios. Drizzle Balsamic Reduction over all and garnish with watercress.

Serves 4



FIG SALAD WITH ARUGULA AND BALSAMIC SYRUP

*Recipe by The Vintage Press,
Visalia, California*

A perfect starter to any meal – flavorful figs and Arugula paired with Gorgonzola Crostini finished with a balsamic Syrup.

INGREDIENTS

Gorgonzola Crostini

2 ounces Gorgonzola, crumbled
2 ounces cream cheese, softened
6 thin slices sourdough bread, toasted

Fig Salad

3 cups arugula
1 cup diced dried California Mission figs
9 fresh California figs, quartered
2 ounces (¼ cup) Balsamic Syrup*
Extra virgin olive oil
6 slices prosciutto
Salt and ground black pepper

PROCEDURE

Gorgonzola Crostini. Mix Gorgonzola and cream cheese together until smooth; divide and spread on toasted slices of sourdough bread.

Fig Salad. Toss dried figs with arugula. Divide and place ½ cup arugula-fig mixture in center of each of 6 plates. Arrange 6 fresh fig quarters around salad on each plate. Drizzle with Balsamic Syrup and olive oil. Add 1 slice prosciutto and a Gorgonzola Crostini to each plate. Sprinkle with salt and pepper.

Note:

For Balsamic Syrup, measure 1 cup balsamic vinegar into small saucepan; heat to boil and simmer over low heat until reduced to ½ cup. Cool and turn into squeeze bottle; store in refrigerator.

Serves 6

WARM FIG AND THYME CRISP

*Recipe by the girl & the fig,
Sonoma, California*

A wonderful combination of
sweet and savory ingredients
create this Fig and Thyme Crisp
for the perfect indulgence.



INGREDIENTS

Jam

2½ pounds dried California figs
¾ cup granulated sugar
Grated zest of 3 lemons
1 bunch thyme, tied with twine
3 tablespoons fresh lemon juice

Pastry

2 cups walnut halves
6 tablespoons plus ¾ cup granulated sugar
¾ cup packed light brown sugar
1½ teaspoons salt
1½ teaspoons baking powder
4½ cups all-purpose flour
¾ pound (3 sticks) cold butter, thinly sliced
1 tablespoon vanilla extract
3 egg yolks

PROCEDURE

Jam. In heavy bottom pot, combine figs, sugar, lemon zest, thyme and lemon juice; add enough water to cover. Heat and boil for 10 minutes; reduce heat and simmer until figs are tender, about 30 minutes. Remove thyme and turn mixture into food processor; process until smooth. Set aside.

Pastry. Preheat oven to 350°F. In food processor, process walnuts with 6 tablespoons granulated sugar until medium fine; set aside. In bowl of electric mixer, combine ¾ cup granulated sugar and brown sugar, salt, baking powder and flour. Add butter and mix until mixture clumps. Add vanilla and egg yolks; mix for 40 seconds. Divide and reserve ½ of dough. Pack remainder evenly into bottom of ungreased 9x13-inch pan and bake until dough is light brown, about 25 to 30 minutes.

To assemble, spread jam evenly over baked pastry. In bowl, combine reserved pastry dough and walnut-sugar mixture; sprinkle over fig jam and bake at 350°F for 50 minutes.

Serves 12

FIG AND CARAMEL ICE CREAM

*Recipe by Fresh and Easy Neighborhood
Market, Fresno, California*

Figs and caramel sauce
add a new twist to a classic
summertime treat.

INGREDIENTS

1¾ cups whole milk
½ bourbon vanilla bean, split and deseeded
2 egg yolks
½ cup granulated sugar
Pinch of salt
2¼ cups heavy cream
½ cup dried California figs*, diced
1 tablespoon cornstarch
½ cup roasted cashews
½ cup caramel sauce

PROCEDURE

Heat milk and vanilla bean in heavy saucepan until scalded. In small bowl, whisk yolks together with sugar; slowly pour in scalded milk and return to pan. Cook on low until thickened enough to coat back of spoon. Strain and cool to room temperature. Stir in heavy cream and chill for 2 hours.

Turn mixture into ice cream freezer and freeze according to directions provided with freezer. When frozen, stir in figs dredged in cornstarch, cashews and caramel sauce. Pack in airtight container and store in freezer.

Note:

Black Mission variety figs preferred.

All ingredients available at Fresh & Easy Neighborhood Market

Yields 1 quart

Serves 8

GARY'S FIG AND PECAN CINNAMON ROLLS

*Recipe from Valley Fig Growers,
Fresno, California*

The warmth of cinnamon paired with figs and pecans creates a delicious and memorable dish to share any time of day!

INGREDIENTS
1 loaf Bridgford frozen bread dough, thawed
8 tablespoons butter, softened and divided
2 tablespoons sugar
1 teaspoon ground cinnamon
½ cup chopped Blue Ribbon Orchard Choice or Sun-Maid Mission figs
½ cup packed golden brown sugar
½ cup chopped pecans or walnuts; to cover bottom of pan



PROCEDURE
Thaw dough until just soft enough to roll out; do not let rise. On lightly floured work surface, roll dough into 8x12-inch rectangle. Spread with 2 tablespoons butter. Combine sugar and cinnamon in small bowl; mix well and sprinkle on dough. Sprinkle chopped figs, evenly over all. Roll up tightly from long side (jelly roll fashion). Cut into 12 equal pieces.

Cut 4 tablespoons butter into small pieces and sprinkle evenly over bottom of 9-inch pie pan. Sprinkle golden brown sugar evenly over bottom of buttered pan. Spread nuts over all and arrange rolls in pan with cut sides down. Let rise in warm place till double in size, about 30 to 60 minutes.

Bake rolls in preheated oven at 350°F for 20 to 25 minutes or until golden brown. Remove from oven, and brush tops with remaining 2 tablespoons butter. Carefully invert pan onto plate and let stand with pan in place until brown sugar mixture and nuts run onto rolls. Carefully remove hot pan. Serve warm or hot out of the oven.

Serves 12

CALIFORNIA MISSION FIG BARBECUE SAUCE

*Recipe by The Chef's Helper,
Clovis, California*

The rich full flavor of figs creates a bold barbecue sauce for summer grilling.

INGREDIENTS
2 pounds dried California Mission figs
1 cup port wine
1 cup honey
1 tablespoon molasses
¼ cup chili oil
4 cups water, divided
2 cups tomato paste
1 cup red pepper paste
¼ cup piri piri seasoning*
¼ cup liquid smoke
Pinch of salt
2 tablespoons horseradish
1 tablespoon garlic powder

PROCEDURE
Heat figs with port wine to soften, blend to smooth paste. Add honey, molasses, chili oil and 2 cups water. In another pan, heat tomato paste, red pepper paste, piri piri seasoning, liquid smoke, salt, horseradish and garlic powder to slow simmer. Stir in dried fig mixture along with remaining 2 cups water, and mix well. Reheat to boiling and seal in sterilized jars or store in refrigerator.

Note:
For ¼ cup piri piri seasoning thoroughly combine 1 tablespoon paprika, 2 teaspoons dried oregano, 2 teaspoons ground ginger, 2 teaspoons ground cardamom, 2 teaspoons garlic powder, 2 teaspoons onion powder, 1 teaspoon salt, 1 teaspoon ground piri-piri or cayenne pepper.

Makes 2 quarts barbecue sauce

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CHEESE

*Fiscalini Cheese Company,
Modesto, California*

A natural thin rind, hard cheese with a tawny buttery color, made with raw cow's milk. Mildly sweet and mellow when young, over time develops a darker golden hue and nuttier flavor. Flesh is firm and granular with an aroma of toasted nuts and browned butter. It has a pleasant acidity and salt balance with a deep lasting flavor and lovely sweetness.

Ideal with figs, grapes and berries - can be used as a table cheese or for melting in omelets or fondue. Outstanding grated on soups, salads and pastas. Also pairs wonderfully with Pinot Noirs and Merlots.

Background

An American Original cheese created at Fiscalini Cheese Company. In keeping with the European tradition of naming unique foods after the location where they were first produced, we have named our San Joaquin Gold after the rich San Joaquin Valley of Central California. Warm summer days are cooled in the evenings by the “Delta breeze” that brings cool air from the Pacific Ocean through the San Francisco Bay, and over the San Joaquin Delta. This cooling effect keeps our herd of registered Holsteins comfortable and contented, so they produce the high quality milk needed to make this special cheese, that we have found ages to perfection in 16 months.

GOLD MEDAL

World Cheese Awards, London 2004 & 2005
Los Angeles County Fair, 2007



HONEY-YOGURT SAUCE WITH GRILLED CALIFORNIA FIGS WRAPPED IN PROSCIUTTO

*Recipe by the Elbow Room Bar & Grill,
Fresno, California*

Spicy and sweet honey-yogurt sauce gives these figs a kick that is sure to dazzle your taste buds.

INGREDIENTS

Honey-Yogurt Sauce

½ cup plain yogurt
1 tablespoon honey
Pinch of salt
Cayenne pepper; to taste

Figs

6 ripe fresh California Mission figs
2 tablespoons balsamic vinegar
2 tablespoons extra virgin olive oil
6 very thin slices Prosciutto di Parma
½ cup shelled walnuts, lightly toasted and chopped
1 cup arugula leaves; for garnish (optional)
Freshly ground black pepper; to garnish

PROCEDURE

Honey-Yogurt Sauce. In small bowl, mix yogurt, honey, salt and pepper together well. Chill.

Figs. Trim tip from stems of figs and cut in half lengthwise beginning with the stem. In small bowl, mix vinegar together with oil and coat figs on all sides. Cut prosciutto slices in half lengthwise and wrap tightly around each of the 8 fig halves, securing with toothpicks.

Heat grill pan or barbecue to medium hot. Grill figs, cut-side down, for about 1 minute or until nicely caramelized and heated through.

To Serve

Divide and spoon sauce onto 4 individual serving plates. Arrange 3 fig halves, grilled-side up, on top. Garnish with walnuts and arugula leaves; sprinkle with freshly ground black pepper. Serve hot.

Serves 4

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Presenting :

Made in Napa Valley Fig & Roasted Shallot Tapenade, served on a cracker appetizer. This product combines with Brie cheese with excellent results and stuffs baked pork chops for an excellent main dish.

Sample:

Lucero Fig Balsamic Vinegar, Made in Napa Valley Fig Balsamic with Dates, and Wine Country Kitchen Vanilla Fig Balsamic, all lends excitement to any everyday event.

Suggestions:

Drizzle Lucero's over a cheese plate of Gouda and aged Cheddar or mix it with a quality olive oil for an outstanding salad dressing to drizzle over fruit.

Made in Napa Valley's Fig Balsamic with Dates brings the flavors of pork, chicken or lamb to life with a light drizzle after grilling or roasting. Mix it with olive oil for a great vinaigrette or fold it into freshly whipped cream to serve with berries and pound cake for a real taste surprise.

There's nothing like Wine Country Kitchen's Vanilla Fig Balsamic sprinkled over a green salad or mixed with fresh sliced strawberries for a great dessert, to say nothing of the effect when a reduction is served over vanilla ice cream.



CAUSA CON SALMON WITH FIG COMPOTE

*Recipe by Limón Restaurant,
Fresno, California*

The exotic flavors of Peru come to life in this seared salmon dish paired with a mouth-watering fig sauce.

INGREDIENTS

6 large potatoes
2 aji amarillo*
8 to 10 fresh California figs*, chopped
Pinch of salt
Brown sugar; to taste
3 ounces Pisco*

4 salmon steaks (4 ounces each)
Salt and pepper; to taste

PROCEDURE

Cook and mash potatoes. Process peppers in blender until smooth paste and mix into cooked potatoes. Divide and shape into 4 rolls; set aside.

For fig compote, sauté chopped figs in butter, add salt, brown sugar and Pisco, to taste. Heat through. Keep warm.

To Serve

Season salmon with salt and pepper to taste and pan sear. Reheat potato rolls and arrange on 4 individual serving plates along with salmon. Divide and spoon fig compote along side. Serve immediately.

Notes:

Aji Amarillo is a hot yellow pepper from Peru. Pisco is a Peruvian brandy made from Muscat grapes.

Good with almost any variety of fig, Kadota and Calimyrna are preferred.

Serves 4

The Perfect Ingredient

To add flavor, elegance and simplicity to your menus, delicious California figs are that special ingredient to bring a taste of the Mediterranean to some familiar dishes and balance to others. To show off your culinary expertise and embrace foods and flavors from around the world, find a place in your pantry for California figs – and reach for them often.

California dried figs are available year round, while fresh figs are available mid-May through mid-December.

PROSCIUTTO-WRAPPED CALIFORNIA FIGS STUFFED WITH BLUE CHEESE

INGREDIENTS

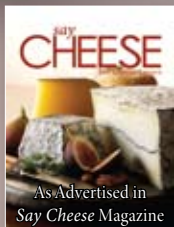
- 1 pound prosciutto, sliced very thin
- 16 dried or fresh California figs, stems removed
- 3 tablespoons soft Gorgonzola cheese
- ½ cup seedless raspberry jam, melted
- ½ cup white balsamic vinegar
- Fresh thyme leaves, chopped

PROCEDURE

Divide prosciutto into 16 strips, each about 1/2-inch wide by 6 inches long; set aside. Starting at the blossom end, cut figs in half lengthwise, leaving stem end intact. Press ½ teaspoon cheese in center of each and press back together. Wrap each fig with a strip of prosciutto and thread onto wooden skewers. Grill over high heat, 5 minutes, turning frequently, until lightly charred on all sides. Remove from grill to serving plates. Combine jam and vinegar: mix well and drizzle over figs. Sprinkle with thyme. Serve warm.

Note: Pair with Chardonnay or other premium white wine.

Serves: 8



S I M P L Y B E A U T I F U L

for Great Food!

The unique flavors of California figs pair well with cheeses ranging from Gorgonzola and Cheddar to Manchego and Camembert. Serve with honey, nuts and rosemary for an extra special presentation. Need an amazing appetizer in minutes? Try cheese-stuffed figs wrapped in prosciutto. You can also add them to salads for an impressive first course. No matter the combination, cheese and California figs will not disappoint you or your guests!



CARAMELIZED ONION, FIG AND GOAT CHEESE TARTS

INGREDIENTS

1 tablespoon olive oil
3 medium onions, thinly sliced
1 tablespoon butter
2 tablespoons brown sugar
1 tablespoon balsamic vinegar

4 frozen prepared 4-inch puff pastry tart shells
8 ounces goat cheese, crumbled
8 California dried or fresh figs, sliced

PROCEDURE

In heavy skillet over low heat, heat oil and sauté onions, cooking gently for 10 minutes or until very soft. Add butter, brown sugar and balsamic vinegar; continue to cook over low heat, stirring frequently, for 20 to 30 minutes until onions are very soft, caramelized, and jam-like. Cool. Preheat oven to 375° F. Divide onion mixture among pastry shells; top with sliced figs and crumbled goat cheese. Crimp edges of each tart in about 8 places to make free form; arrange on baking sheet. Bake 20 to 25 minutes, or as directed on package, until golden and crisp. Note, for dried mission figs, plump with warm water or fruit juice for 20 minutes before slicing.

Serves: 4

Excellent source of Dietary Fiber | Fat, Cholesterol and Sodium Free
For delicious recipes and more information visit www.californiafigs.com and www.calfreshfigs.com

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PROSCIUTTO WRAPPED FIGS AND ARUGULA SALAD

Recipe by California Fresh Fig Growers Association, Fresno, California

The exceptional flavor of fresh figs paired with prosciutto and blue cheese complements this salad perfectly – enjoy!

INGREDIENTS PROCEDURE

Fig Vinaigrette

½ cup chopped fresh California figs
3 tablespoons extra virgin olive oil
3 tablespoons sherry, raspberry or white balsamic vinegar
1 clove garlic, minced
Sea salt and freshly ground pepper, to taste

Fig Vinaigrette. Combine figs, olive oil, vinegar and garlic in a blender or food processor and process until smooth. Season to taste with salt and pepper; cover and store in refrigerator until ready to serve.

Arugula Salad

8 fresh California figs
4 ounces top quality blue cheese, divided
8 strips prosciutto (about 4 inches long by 1 inch wide)
2 tablespoon balsamic vinegar
8 cups baby arugula
¼ cup pine nuts, toasted

Arugula Salad. Starting at stem end, cut figs in half nearly through, leaving blossom end intact. Press ½ tablespoon cheese in center of each and press together. Wrap each fig with prosciutto and secure with wooden skewers. Grill over high heat, 5 minutes, turning frequently, and basting with balsamic vinegar. Divide and arrange arugula on 4 salad plates. As soon as prosciutto is crisp, remove from grill and arrange 2 figs on each plate. Sprinkle with remaining cheese and pine nuts. Serve dressing in small bowl to drizzle.

Serves: 4



CALIFORNIA FIG ROLLS

Recipe by Great Harvest Bread Company, Fresno, California

The warmth of cinnamon pairs perfectly with figs to create this delicious breakfast and anytime treat!

INGREDIENTS PROCEDURE

1 tablespoon plus ¼ teaspoon instant dry yeast
1 cup warm water
1½ cups all-purpose flour
1½ cups whole wheat flour
2 teaspoons salt
¼ cup honey
¼ cup (½ stick) butter, softened
¾ cup chopped dried California figs
¾ cup cinnamon chips

Combine yeast and water in small bowl, and mix together well. Set aside in warm place to ferment.

In mixer bowl, combine 1½ cups all-purpose flour, 1½ cups whole wheat flour, and salt; mix together with paddle. Then, mix in yeast mixture, honey, butter, and figs.

Knead with dough hook until smooth, about 5 minutes. Add cinnamon chips and mix for another 2 minutes. Cover with towel and let stand in a warm place until doubled in bulk, about 1½ hours.

Punch down and divide dough into 12 equal pieces. Shape into rounds and arrange, well separated, on greased baking sheet. Cover with towel and allow to stand in warm place, 30 minutes or until doubled in size. Preheat oven to 350° F and bake rolls for 25-30 minutes, until lightly golden brown. Remove from pan and cool on wire rack.

Makes 12 rolls



Crispy Calimyrna fig and Almond Roll

BRAVO CHEESE FACTORY

Traver, California

A Taste of the Valley – Tulare Cannonball & Silver Mountain Clothbound Cheese

Our handmade cheese, working with nature, we use fresh raw milk from our family farm, created without the use of hormones or antibiotics. All of our cheeses are handcrafted in small batches using the finest natural ingredients. This creates a truly unique and flavorful cheese that we know you will love.

Absolutely all natural, made with raw milk, no artificial hormones, vegetarian approved, lactose intolerant safe, 100% handmade

Tulare Cannonball

Made from a 500-year-old Edam recipe, using whole milk and shaped into a traditional round ball. This classic cheese is aged 6 months to create its creamy texture, spicy aroma and slight saltiness.

Ingredients: Whole raw milk, culture, salt and vegetarian rennet.

Aged 6 months

Silver Mountain Clothbound Cheddar

The Silver Mountain is aged in our cellar over nine months, wrapped in cheese cloth, and periodically rubbed with olive oil. This process captures the magnificent flavors naturally found in raw milk.

Ingredients: Whole raw milk, culture, salt and vegetarian rennet.

Aged 1 year

2008 - Voted Best Aged Cheddar in the United States by the American Cheese Society.

2007 - Voted Top 5 Cheddar in the United States by the American Cheese Society.



DRIED FRUIT AND NUT CROSTATA

*Recipe by Doug-Out Cookies,
Fresno, California*

Dried California figs, cranberries, and dates make a quick and easy filling for this elegant tart.

INGREDIENTS

Prepared crust for 9 or 10-inch pie

Filling

1 large egg

2 tablespoons golden brown sugar

2 tablespoons melted butter

2 tablespoons orange blossom honey

1 teaspoon finely grated orange peel

½ cup (2 ounces) shelled, unsalted, natural pistachios

¾ cups (4½ ounces) pitted dates, cut in half lengthwise

½ cup (2 ounces) dried cranberries

¾ ounces dried California figs*, stemmed and cut in half lengthwise (½ cup)

Crumb Topping

½ tablespoon melted butter

1 tablespoon shelled, unsalted, natural pistachios, chopped

½ tablespoon brown sugar

¾ teaspoon finely grated orange peel

1 cup plain whole-milk yogurt

PROCEDURE

Preheat oven to 350°F. Line baking sheet with parchment and spread pie crust flat on top; set aside.

Filling. Whisk egg, brown sugar, melted butter, honey, and orange peel together in medium bowl. Stir in nuts and dried fruits to coat well. Spoon filling onto center of crust and spread evenly to within 1½ or 2 inches of edge. Fold crust edges over filling, pleating occasionally.

Crumb Topping. Brush folded crust with ½ tablespoon melted butter. Combine chopped nuts and brown sugar in small bowl; mix well and sprinkle evenly onto crust. Bake crostata at 350°F until crust is golden brown and filling is bubbling in center, about 40 minutes. Cool. To serve, stir ¾ teaspoon orange peel into 1 cup plain yogurt; divide and spoon onto warm or cooled crostata. Cut into 6 pieces.

Note: Black Mission variety figs preferred.

Serves 6

SEARED BLACK MISSION FRESH FIG

*Recipe by Mesple Farms,
Fresno, California*

For an amazing appetizer in just minutes, try this delicious fresh seared California fig served with your favorite cheese.

INGREDIENTS

1 fresh California Black Mission fig, cut in half lengthwise
Fine granulated sugar, as needed
Olive oil, as needed
1 ounce slice Brie
Crisp fried bacon; for garnish
Toasted baguette slices or crackers

PROCEDURE

Sprinkle fig halves very lightly with sugar. Lightly coat bottom of cast iron skillet with olive oil; heat to very hot. Arrange fig halves, cut side down in pan, and sear for about 2 minutes. Cool and arrange cut side up on toasted baguette slices or crackers topped with cheese and bacon.

Serves: 1

Note: All California fresh fig varieties may be used for this recipe – Black Mission, Brown Turkey, Calimyrna, Kadota and Sierra



KUROBUTA PORK CHOP WITH FIG CHUTNEY AND PORT-BALSAMIC REDUCTION

*Recipe by Twist Restaurant & Lounge,
Fresno, California*

Spicy port wine reduction fig chutney compliments pork and other meats.

INGREDIENTS

Fig Chutney

2½ cups port wine
½ cup red wine vinegar
8 ounces light brown sugar
1 medium onion, diced
¼ cup chopped fresh gingerroot
1½ teaspoons yellow mustard seeds
Zest of ¼ lemon
½ cinnamon stick
1¼ teaspoons salt
¼ teaspoon ground allspice
⅛ teaspoon ground cloves
1¼ pounds firm, fresh California figs, stems removed and cut in half lengthwise

Port-Balsamic Reduction

3 cups Ruby red port
1 cup balsamic vinegar
5 fresh California figs, pricked
8 Kurobuta pork chops

PROCEDURE

Fig Chutney. In large non-reactive saucepan combine wine, vinegar, sugar, onion, gingerroot, mustard seeds, zest, cinnamon, salt, allspice and cloves; bring to a boil. Reduce heat to simmer; cook until mixture is thickened and reduced by ⅔ to thick syrup. Add figs and cook gently until very soft and most of the liquid has evaporated, about 30 minutes. Transfer to a non-reactive storage container and cool to room temperature before serving.

Port-Balsamic Reduction. In medium saucepan, combine port and vinegar; cook over medium heat until reduced by ¾ to 1 cup. Add figs, heat through and let stand. Store in refrigerator until ready to serve.

Kurobuta Pork. For each serving, season 1 Berkshire Kurobuta pork chop with salt and pepper and grill to 170° F internal temperature, turning once or twice.

Place 4 ounces mashed potato in center of plate. Arrange pork chop alongside tilting potatoes slightly up. Spoon vegetable next to potatoes, top pork with 2 ounces chutney and drizzle with reduction.

Note: Chutney may be made up to 3 weeks in advance and stored in refrigerator or hot chutney may be ladled into hot sterilized canning jars; sealed and stored in cool, dry place.

Makes about 2 cups chutney. Makes about 1 cup reduction.
Serves 8



HARVEST SALAD WITH GRILLED FIGS

*Recipe by Ruth's Chris Steak House,
Fresno, California*

Fresh figs grilled to perfection
perfectly compliment this
delicious salad.

INGREDIENTS

3 ounces Steak House Salad Mix*
¼ teaspoon kosher salt
1 tablespoon roasted corn kernels
¼ ounce crispy onions
1 ounce (2 tablespoons) White Balsamic
Vinaigrette Dressing*
¼ teaspoon kosher salt
6 Cajun flavored pecans or other roasted nuts
1 tablespoon crispy bacon bits
1 tablespoon crumbled goat cheese
3 half slices grape tomatoes
2 grilled fresh California figs, halved

PROCEDURE

In small bowl, combine salad mix, kosher salt, roasted corn and crispy onions. Add vinaigrette and toss to coat well.

Turn onto individual serving plate. Sprinkle pecans, bacon bits, and goat cheese over all. Arrange 3 grape tomato halves and 4 grilled fig halves around; serve immediately.

Note: Salad mix and dressing are available at any Ruth's Chris Steak House.

Serves 1



MISSION FIG ITALIAN SAUSAGE

*Recipe by Bella Pasta,
Fresno, California*

Breakfast, lunch or dinner, these
sausages are the perfect repast.

INGREDIENTS

2½ pounds beef chuck roast, untrimmed
2½ pounds pork shoulder roast, untrimmed
1 tablespoon salt
1 tablespoon rubbed sage
2 teaspoons finely ground black pepper
1 teaspoon ground allspice
½ teaspoon ground ginger
1 tablespoon fennel seed
1 tablespoon Italian parsley, finely chopped
⅛ teaspoon ground nutmeg
20 whole dried California Mission figs, diced

PROCEDURE

Cut roasts into 2-inch cubes and chill until firm. Combine seasonings in small bowl and blend well; set aside.

Using ⅜-inch plate in grinder, grind chilled meat into large bowl. Add figs; stir and grind, again to blend well. Knead in ⅓ of seasoning mixture; repeat and knead after each addition, kneading until mixture is sticky and holds together. Cover with plastic wrap and chill overnight.

Shape mixture into patties, loaves or logs. If not using immediately, sausage can be stored in refrigerator for up to 3 days or in freezer for up to 6 months.

Note: Ground mixture may also be stuffed into about 5 feet of hog casings, 38mm (1½ inches) to 42mm (1⅜ inches) diameter that have been rinsed, soaked in cold water to cover, and stored overnight in refrigerator.

Makes 5 pounds



PORK WITH CALIFORNIA PINOT INFUSED FIG CHUTNEY

*Recipe by California Fig Advisory Board,
Fresno, California*

Surprise your guests with
this mouth-watering Maple
Rosemary-Brined pork with
Pinot fig chutney.



INGREDIENTS PROCEDURE

Chutney

1 cup chopped dried California figs
1 cup pinot wine*
½ cup white wine vinegar
2 tablespoons pure maple syrup
2 cinnamon sticks

Maple-Rosemary Brine

½ cup boiling water
2 tablespoons kosher salt
1½ cups red wine*
1½ cups water
½ cup pure maple syrup
½ cup fresh rosemary leaves
1 teaspoon coarse pepper
4 cloves fresh garlic, smashed

1½ pounds pork tenderloin

For chutney, stir ingredients all together in small saucepan. Heat to boil; reduce heat and simmer, covered, for 40 minutes. Uncover; increase heat slightly and cook 10 minutes more or until liquid has evaporated. Remove cinnamon sticks. (May be prepared several days ahead and stored in refrigerator.)

For brine, combine boiling water and salt in mixing bowl and stir to dissolve; cool. Arrange a gallon-size resealable plastic bag in a large bowl to keep it upright and pour in salt-water, remaining brine ingredients, and pork; seal well. Chill for 48 hours, turning occasionally.

To serve, remove pork from brine, drain and rinse thoroughly; pat dry. Cook on a well-oiled grill over medium-high heat for about 40 minutes, turning occasionally, until pork is cooked to medium (165°F). Slice; serve with warm chutney and sprinkle with chopped fresh rosemary.

Note: Quality Pinot Noir suggested.

Serves: 4

RICE PUDDING WITH DRIED CALIMYRNA FIGS

*Recipe by J. Marchini Farms,
Le Grand, California*

The flavors of the
Mediterranean come alive with
this delicious authentic dish
from Italy!

INGREDIENTS PROCEDURE

4 cups milk
4 cups rice milk
2¼ cups of instant brown rice
¾ cups sugar
1 tablespoon vanilla extract
Zest of one orange

16 dried Calimyrna figs, chopped
Sliced fresh or dried California figs; for garnish
Ground cinnamon; for garnish

In large pot, combine first 6 ingredients. Simmer over low heat until rice has absorbed all the liquid, stirring occasionally. Chill until ready to serve.

To serve, divide and spoon into serving bowls; garnish with sliced figs and sprinkle with cinnamon.

Serves 6

SAVORY FIG AND GOAT CHEESE TART WITH ARUGULA

*Recipe by Whole Foods Market,
Fresno, CA*

Marcona almonds make a rich base topped with fig spread and goat cheese, and accented with sharp flavored arugula.

INGREDIENTS
½ cup Marcona almonds
¾ cup all-purpose flour, divided
4 tablespoons unsalted butter; chilled and cut into small pieces
2 tablespoons honey
½ cup fig spread*
3 ounces fresh goat cheese, crumbled
2 cups packed baby arugula or mixed salad greens
2 teaspoons balsamic vinegar
2 teaspoons extra virgin olive oil
Sea salt and freshly ground black pepper

PROCEDURE

Process almonds in food processor with ¼ cup flour until coarse powder. Add remaining flour and process until well blended. Sprinkle butter pieces over mixture and pulse until blended. Continue pulsing while adding honey and process until dough begins to form clumps, scraping as necessary.

Preheat oven to 375°F. Press dough into bottom and evenly up sides of a buttered 8- or 9-inch tart pan. Freeze 15 minutes, until firm. Then bake 12 to 15 minutes, until lightly browned. Spread a thin layer of fig spread evenly on bottom of tart and sprinkle goat cheese evenly on top. Bake 8 to 10 minutes longer until crust is golden brown and goat cheese is softened. Cool slightly and cut into 8 pieces.

To serve, toss arugula with balsamic vinegar and olive oil, season with salt and pepper. Divide and top each tart piece with ¼ cup arugula.

Note: Organic Adriatic Fig Spread available at Whole Foods recommended.

Serves 8

CHEESE STUFFED FRESH FIGS

*Recipe by The Rue and Gwen Gibson Farm
Market, California State University, Fresno*

The sweet flavor of figs combined with cheeses pair naturally with a fine wine.

INGREDIENTS
2 fresh California figs*, cut in half lengthwise
1 ounce sharp Cheddar cheese, cubed
Extra virgin olive oil; as needed
1 fresh organic rosemary sprig
Sea salt and cracked pepper; to taste

PROCEDURE

Place cheese cube between halves of each fig and close with toothpick. Drizzle with olive oil; season with salt and pepper to taste and garnish with rosemary sprigs. Serve slightly chilled.

Serves 1

Note:

Select from a variety of California figs and pair with these wines available at the Farm Market:

Dried Mission and Calimyrna figs

2006 Fresno State Triangulum

2006 Fresno State Solare

Roasted fresh figs - any variety

2007 Fresno State Merlot

2007 Cabernet Sauvignon

Fresh Kadota figs

2009 Fresno State Muscat Canelli

Tailgate Rose

Sharp cheddar cheese, olive oil, and rosemary are all available at the Farm Market.



GRILLED BLACK MISSION FIGS WRAPPED WITH BACON

*Recipe by The Vineyard Restaurant,
Madera, California*

This timeless favorite is simple and perfect for summertime entertaining with friends and family.



INGREDIENTS PROCEDURE

1 piece bacon, 3 to 5 inches long and about 1-inch wide
1 fresh California Mission fig
Balsamic reduction*, as needed

Arrange bacon on grill pan and bake about 5 minutes at 350° F to precook. Wrap precooked bacon around fig and insert bamboo skewer that has been soaked in water.

To serve, grill over open fire or in iron pan until bacon is crisp and fig is heated through. Arrange on serving plate and drizzle with balsamic reduction. Serve immediately.

*Note: For balsamic reduction, simmer ½ cup good quality balsamic vinegar gently over low heat until reduced by half. Store in squeeze bottle for quick service.

Serves 1

FIG COUSCOUS SALAD

*Recipe by Sierra Nut House,
Fresno, California*

The aromatic flavors of the Middle East bring life to this delicious dish.

INGREDIENTS PROCEDURE

Salad

1 cup couscous
1¼ cups hot chicken stock
8 to 10 dried California figs*, soaked in warm water for 2 hours
½ cup diced red pepper
½ cup diced celery
½ cup diced red onion
½ cup toasted slivered blanched almonds
¼ cup minced fresh dill

Salad. Measure couscous into mixing bowl; add hot chicken stock. Let stand for 5 to 10 minutes and then fluff with a fork. Drain figs and cut into large chunks. Add to couscous along with red pepper, celery, onion, almonds and fresh dill. Toss to mix thoroughly.

Dressing. Mix all ingredients together well and toss with salad. Let stand at room temperature or in refrigerator at least 30 minutes. Correct seasonings with salt and pepper, if needed. Divide and serve on lettuce-lined plates or as accompaniment to main course.

Dressing

½ cup Fig Balsamic vinegar or any good quality balsamic vinegar
1 teaspoon sugar
1½ teaspoons salt
¼ teaspoon pepper
½ cup extra virgin olive oil

*Note: Calimyrna variety figs preferred.

Serves 8

STUFFED FIGS WITH SOFT GOAT CHEESE

*Recipe by Fleming's Prime Steak House and
Wine Bar, Fresno, California*

Simple and elegant, impress your guests with this quick and delicious appetizer

INGREDIENTS PROCEDURE

1 fresh California fig*, cut in half lengthwise
1 teaspoon soft goat cheese
¼ teaspoon crispy bacon crumbles
1 teaspoon balsamic reduction*

Spread ½ teaspoon goat cheese on cut side of each fig half. Arrange on baking sheet and bake at 350° F for 3 to 4 minutes or until cheese is melted. Arrange on serving plate. Garnish with bacon crumbles and drizzle with balsamic reduction.

Notes: Any variety is great!

To make balsamic reduction, in saucepan over medium heat, cook 4 cups balsamic vinegar until it is reduced to 1½ cups. Remove from heat; whisk in 2 tablespoons balsamic vinegar. Cool and store in airtight container.

Serves 1

MARINATED TOMATO, FRESH FIG AND FETA CHEESE PIZZA

*Recipe by De Angelo's Restaurant,
Merced, California*

The flavors of this classic Italian
pizza come alive with the
addition of fresh figs!

INGREDIENTS
Marinated Tomatoes
3 cups vine ripe tomatoes, cubed
1 tablespoon garlic, chopped
¼ cup Shredded fresh basil, shredded
¼ cup green or black olives, chopped
¼ cup olive oil
1 pound (about 16) fresh figs sliced
8 ounces Feta cheese
3 balls pizza dough (8 ounces each)
Salt and olive oil; as needed

PROCEDURE
Combine all ingredients for marinated tomatoes and let stand at least 30 minutes. Preheat oven to 500°F degrees. Roll out pizza dough balls to about ½-inch thick and 10 inches in diameter. Spread with marinated tomatoes; top with sliced fresh figs and sprinkle with cheese. Bake in at 500°F until cheese is melted and crust is browned about 8-10 minutes. Makes three 10-inch pizzas.
Serves 24

ROSETTI'S TRIPLE ALMOND BISCOTTI CHEESE PLATTER

*Recipe by Rosetti's Fine Foods - Biscotti
House, Clovis, California*

A luscious platter of crunchy
almond biscotti, cheese and
fresh California figs.

INGREDIENTS
One 6-ounce wedge of premium quality
blue cheese
½ cup fancy fig jam
6 slices of Traditional Triple Almond Biscotti
from Rosetti's Biscotti House
6 fresh California figs, cut in half lengthwise

PROCEDURE
Spoon jam into small bowl and arrange on serving platter with cheese wedge, biscotti, fresh figs, and sharp cheese knife. Serve with port wine.
Serves 6



FIG BALSAMIC GLAZE

*Recipe by Love & Garlic,
Fresno, California*

A distinctive balance of
ingredients creates the perfect
complement to baked brie or
grilled meats.

INGREDIENTS
4 cups fresh California figs, quartered
4 cups sugar
½ cup orange zest
1 cup port wine
½ cup balsamic vinegar
2 cups fresh ripe nectarines or peaches, marinated in 2 cups red wine
4 cardamom seeds
1 bay leaf
2 pieces crystallized ginger, about the size of a quarter

PROCEDURE
Combine all ingredients in saucepan and stir together. Stirring occasionally, heat and simmer until desired consistency. Turn into storage container; cover and store in refrigerator.
Brush generously onto baked Brie or meat of choice.
Makes about 6 cups

FIG UPSIDE DOWN CAKE

Recipe by T&D Willey Farms
(Adapted from *The All New All Purpose Joy of Cooking*)
Madera, California

INGREDIENTS

3 tablespoons butter
2 large eggs
1 cup all-purpose flour
¼ teaspoon baking soda
¾ cup packed brown sugar
2 tablespoons + 6 tablespoons buttermilk
6 tablespoons butter, softened
¾ cup sugar
¼ teaspoon salt
up to 1 pound fresh Calamyrna Figs
½ teaspoon vanilla
¾ teaspoon baking powder

PROCEDURE

Preheat oven to 350 degrees F. Place butter in a 10-inch cast iron skillet, melt butter in the oven or over medium low heat on the stovetop. Rotate pan to coat all sides with butter. Sprinkle brown sugar evenly over the bottom of the pan. Cut figs in half, place as many figs as desired, cut side down, into the brown sugar. In a small mixing bowl, combine eggs, 2 tablespoons buttermilk and vanilla using a fork.

In a large mixing bowl, mix dry ingredients together. Add softened butter and remaining 6 tablespoons buttermilk. Beat on low speed just until flour is moistened. Then, increase speed to medium for a stand mixer (or high with a hand-held), and beat for exactly 90 seconds. The batter will be stiff. Add one-third of the egg mixture at a time, beating for exactly 20 seconds and scraping the bowl after each addition. Pour the batter over the fruit, scraping the bowl, spread evenly.

Bake until a toothpick inserted, when removed is clean, 35 to 40 minutes. Remove cake from oven, tilt pan in all directions to detach it from the sides of the pan. Allow to cool for 3 to 4 minutes before unmolding. Invert a serving platter on top of pan. Cover your hands with oven mitts and turn the cake onto the platter. Slowly lift off the pan. Scrape up any brown sugar remaining in the pan and spoon it over the cake, use a fork to replace any stray fig halves. You may serve this cake warm or cool; plain or with whipped cream.

Serves 8



Bread Pudding with Dried California Figs

Fresno PÉTANQUE CLUB



“FIGS AND BOULES”

Fresno Pétanque Club
at the 7th Annual Fig Fest

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Pétanque (pronounced payTONK) is an outdoor bowling game played with steel balls about the size of a baseball. This sport started over 100 years ago on the French Riviera and is now played around the world in over 70 countries.

Fresno Pétanque Club members want to show you how to play this exciting game. Look for us playing around the Fig Fest grounds. We will give you an overview of the game and have you playing within 5 minutes.

Warning: pétanque is an addictive game you will love.

“Figs and Boules - California Traditions”
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