



CALIFORNIA
FIGS
and
BAKING



featuring California Fig Ingredients



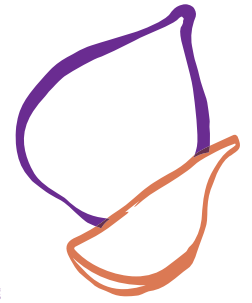
HEY BAKER!

We're so glad you're here. We've compiled this baking brochure just for you. Inside you'll find fig facts and functional reasons to use figs specific to baking. We've also partnered with professional bakers across the country to create inspiring baking recipes featuring figs. We hope it gets your fig wheels turning! And, in case you didn't know, all figs are not created equal. So make sure you're seeking out and using California Figs, specifically California Fig Ingredients, to save you on prep and bake time.

Knead additional information or more recipes from our baker partners, visit CaliforniaFigs.com.

In the meantime...





TIME TO GET FIGGY WITH IT

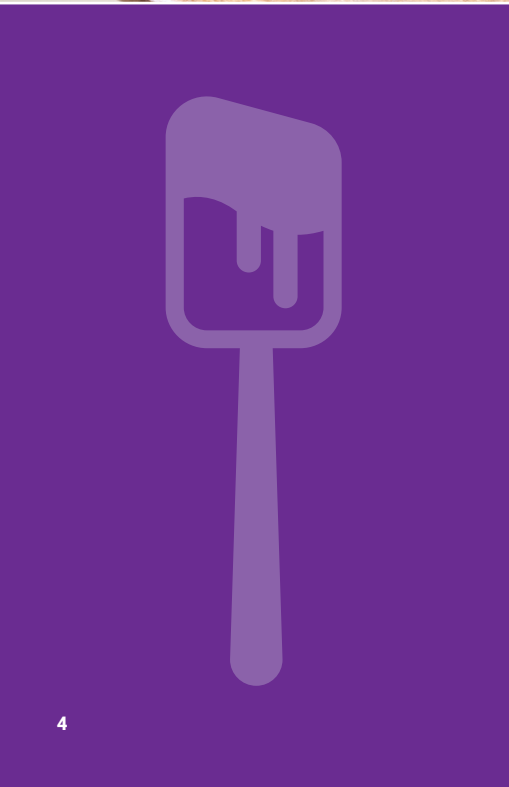
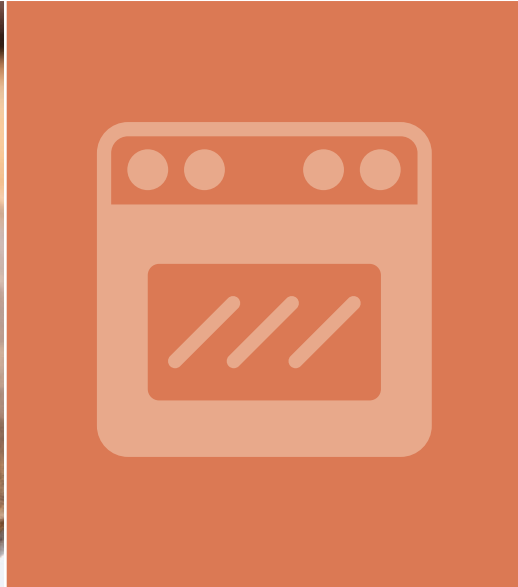
Figs are trending! Figs have been around for centuries (hello Bible references!) but the ancient fruit is finally having its moment. That's because bakers, chefs, nutritionists, and consumers are discovering its unique flavor and powerful nutritional and functional benefits. From fig-flavored products in the snack aisle to beautiful fresh figs in the produce section, figs seem to be everywhere these days, and we're not mad about it. Read on to learn more!

WHAT IS A FIG?

Fun fact: A fig is actually an inverted flower. *Ficus carica*, more commonly known as fig, is a species of flowering plant in the mulberry family. So, the fig is actually a syconium, which is an inverted flower, or a flower that is outside-in. The fruit from the fig tree is an inflorescence, which means the flesh of the fruit is just the tiny flowers of the tree that have bloomed and fruited within the other skin of the fig.

HISTORY OF FIGS

Ficus carica is most likely indigenous to Asia Minor, the cradle of civilization. From there, it developed and became widely cultivated throughout the Mediterranean region and throughout the world. Figs are mentioned in the Bible more than 50 times. The benefits of figs and their flavor make them a favorite food ingredient in many cultures throughout the world. Spaniards brought figs to America in the 1500s. The name "Mission" was given to those first dark purple figs that were introduced to the New World by Spanish and Portuguese missionaries and spread from San Diego up the coast to Santa Clara, Ventura, and Sonoma in the 1790s.



BENEFITS OF BAKING WITH FIGS

Artisan breads, quick breads, muffins, cookies, panettone, biscuits, cakes, rolls, and more! The possibilities are endless with figs and baking. In fact, figs are an ideal ingredient in baking and it's not just due to its unique and delicious flavor. Figs are functional as much as they are tasty. It's no surprise figs are on the rise in baking around the world. Here are some reasons why:

- 1. Figs integrate well into mixes and have a low specific gravity keeping fruit from sinking in batters and promoting even distribution.**
- 2. Figs shear cleanly and add chewy texture and fiber, visually adding a premium quality appearance and perceived value to baked goods.**
- 3. Figs work well with baking extrusion technologies.**
- 4. Figs' low water activity can be used to help increase shelf life.**
- 5. Naturally occurring organic acids in figs heighten flavors which may help decrease the amount of salt needed in baked goods.**
- 6. Figs reduce baking time which can result in lower input costs.**
- 7. Figs can be custom sized with precise weights and shapes to achieve optimal piece count and appearance in baked goods.**
- 8. Figs add nutrient density. Just one 40 gram serving of dried figs (about 4 dried figs) provides 4 grams of fiber and at least 6% DV or higher of the essential minerals potassium, magnesium, manganese, and copper.**
- 9. Figs provide natural coloring. At just 2-8 percent in baking formulas, figs will add a natural brown color to breads.**
- 10. Figs can be used as a natural yeast food for improved fermentation in breads.**
- 11. The natural sweetness of figs can be used to decrease added sugars (i.e., granulated sugar, corn syrup, molasses) used in baked goods.**

CALIFORNIA FIG INGREDIENTS



California Fig Ingredients are unique to California. These ingredients were developed to provide solutions to product developer, chef and baker needs. The formula-ready ingredients such as diced, extruded diced (e-diced), fig paste, juice concentrate and powder are utilized in bakeries throughout the world. You will not find many of these products anywhere else!



Whole



Diced



Powder



E-Diced



Paste

Juice Concentrate



WHAT ABOUT FRESH?



Yes, Chef! California Fresh Figs are a delicious addition to and elevate baked goods; however, they are a seasonal treat. California Fresh Figs are typically available May – November. There are four main varieties of California Fresh Figs – Brown Turkey, Mission, Sierra and Tiger – all with unique colors and flavors offering a distinct flavor profile to enhance recipes. When baking with fresh figs, consider the additional moisture and less concentrated flavor. Fresh figs in particular make a beautiful garnish. When in season, discover how California Fresh Figs can inspire your next masterpiece and captivate your customers!





Chris Hanmer

Sioux Falls, SD | CH Patisserie

“ My philosophy with California Figs was to imagine that I had never heard of a fig before and let my imagination and creativity not be restricted. Without boundaries or preconceived notions, the figs opened up a world of flavor and textures in my desserts. With an open mind and creativity, California Figs have endless possibilities in pastry!

CALIFORNIA FIG COFFEE CAKES



Yield: **20**



Gluten Free

Breton Dough

INGREDIENTS

Egg Yolks	125 grams
Sugar.....	249 grams
Gluten Free Flour (1 to 1).....	350 grams
Baking Powder	23 grams
Salt	4 grams
Unsalted Butter (soft).....	249 grams

PROCEDURE

1. In a stand mixer, with a whisk attachment, whip the egg yolks and sugar until light yellow color.
2. Sift the dry ingredients.
3. Switch to the paddle and slowly add the soft butter and then add the dry ingredients.
4. Mix until combined and refrigerate overnight, 12 hours.

California Fig Almond Cream

INGREDIENTS

Unsalted Butter (cold, cubed).....	252 grams
Sugar.....	252 grams
Almond Flour.....	252 grams
Whole Eggs	278 grams
Vanilla Extract.....	3 grams
California Dried Figs Juice Concentrate	100 grams

PROCEDURE

1. Cream butter and sugar in a stand mixer with a paddle until smooth.
2. Add the almond flour and mix 1 minute.
3. Slowly add eggs and finish with vanilla extract and California Dried Figs Juice Concentrate.
4. Chill overnight, 12 hours.

Espresso Streusel

INGREDIENTS

Gluten Free Flour	359 grams
Sugar.....	359 grams
Unsalted Butter (cold)	269 grams
Vanilla Bean Paste.....	11 grams
Espresso Powder.....	10 grams
Salt	5 grams

PROCEDURE

1. Mix all ingredients in a stand mixer fitted with a paddle until the dough comes together.
2. Press through a square rack onto a sheet pan.
3. Chill for 2 hours.

Assembly and Finishing

INGREDIENTS

California Dried Figs Diced	400 grams
California Dried Figs E-Diced.....	400 grams

PROCEDURE

1. Preheat a convection oven to 350°F. Place baking cups on a sheet pan.
2. Roll out the chilled Breton Dough to 3mm thick. Cut 3 1/2 inch rounds, or to size of the bottom of baking cups being used.
3. For each baking cup, place a round of the Breton dough in the bottom.
4. Fill the cup up approximately halfway with California Fig Almond Cream.
5. Place 20 grams of each California Dried Figs Diced and California Dried Figs E-Diced on top of the Fig cream and press down slightly.
6. Top with the Espresso Streusel.
7. Bake for 20 to 25 minutes.

CALIFORNIA FIG POPPY SEED ROLLS

 Yield: **12 Rolls**

Poppy Seed California Fig Filling

INGREDIENTS

Poppy Seeds	125 grams
Granulated Sugar	100 grams
Whole Milk.....	122 grams
Salt	2 grams
Vanilla Extract.....	3 grams
California Dried Figs Paste	200 grams
California Dried Figs Juice Concentrate	50 grams

PROCEDURE

1. Finely grind poppy seeds in a spice mill.
2. Combine ground poppy seeds, sugar, milk, and salt in a medium saucepan. Bring to a boil, then reduce heat and simmer, stirring often, until thickened, about 4 minutes. Stir in vanilla extract. Let cool.
3. Blend California Dried Figs Paste and California Dried Figs Juice Concentrate in a food processor until smooth.
4. Add the cooled poppy seed mixture to the food processor with the California Fig mixture. Blend until smooth and set aside.

Dough

INGREDIENTS

Pastry Flour or All Purpose Flour	500 grams
Whole Milk.....	225 grams
Dry Instant Yeast.....	5 grams
Salt.....	10 grams
Granulated Sugar	50 grams
Whole Egg	50 grams
Unsalted Butter, for lamination	200 grams

PROCEDURE

1. Combine flour, milk, yeast, salt, sugar, and egg in a mixing bowl. Mix on the first speed for 5 minutes until smooth. Desired dough temperature: 75°F (24°C).
2. Ensure butter and dough are of similar consistency. Flatten butter into a square.
3. Roll dough into a square with about 1/2-inch thickness.
4. Place butter in the center of the dough. Fold dough over to cover butter completely.
5. Roll out the dough to three times its length and fold into thirds to form a square. Repeat this process two more times, resting dough in the fridge for 20 to 30 minutes between turns.
6. Roll the dough into a rectangle about 0.2 inches thick, about an 18 x 24-inch rectangle.
7. With the rectangle turned so that the long sides are at the top and bottom, spread the poppy seed fig filling evenly over the dough leaving a 1/4-inch border at the bottom.
8. Roll the dough tightly from top to bottom into a log.
9. Cut the log into 12 equal pieces and place on a sheet pan, leaving space between each roll.
10. Proof the rolls at room temperature for 1 to 1.5 hours.
11. Preheat oven to 445°F (230°C). Brush rolls with egg wash (whole egg blended).
12. Bake for 15 minutes until golden brown.
13. Let the rolls cool slightly before serving. Store at room temperature for a few days or freeze for longer storage.

Richard Charpentier

Philadelphia, PA | Baking Innovation



“ California Figs are an incredible and versatile ingredient that can elevate any bakery item. Their natural sweetness, chewy texture, and vibrant color add depth and complexity to baked goods, whether you’re incorporating them into a rustic bread, a rich pastry, or even a savory dish.



FUDGY CALIFORNIA FIG AND HAZELNUT CHOCOLATE COOKIES



Kyra Bussanich

Portland, OR | Kyra's Bake Shop

“California Figs bring a unique depth and a touch of indulgence that transforms simple creations into unforgettable delights. Their rich, natural sweetness and versatile flavor elevate every recipe, whether it’s a rustic tart, a decadent fudgy cookie, or a savory bread.





 Yield: **34-35**  Dairy Free  Gluten Free

INGREDIENTS

Sugar.....	600 grams
Light Vegetable Oil	112 grams
Whole Egg	400 grams
Vanilla Extract.....	13 grams
62% Chocolate, melted, cooled to room temperature	226 grams
Potato Starch.....	226 grams
Tapioca Starch.....	148 grams
White Rice Flour.....	148 grams
Cocoa Powder.....	100 grams
Baking Powder.....	18 grams
Salt.....	10 grams
Ground Cardamom.....	2 grams
Chopped Toasted Hazelnut Pieces.....	180 grams
California Dried Figs Diced	260 grams

PROCEDURE

1. Line 4 half sheet pans with parchment paper and set aside.
2. Beat the sugar, oil, eggs, and vanilla in the bowl of a mixer fitted with the paddle attachment until pale and smooth.
3. Add the melted and cooled chocolate and mix to combine.
4. Combine the potato starch, tapioca starch, white rice flour, cocoa powder, baking powder, salt, and cardamom in a separate bowl.
5. Add the dry ingredients to the sugar mixture in 3 additions, mixing on low speed between each addition, until about 90% incorporated. Once the final amount of dry ingredients is added, mix until a smooth dough forms.
6. Add the hazelnut pieces and California Dried Figs Diced. Mix just a few seconds until distributed throughout the dough. Refrigerate dough until well chilled, about 2 hours.
7. Preheat a convection oven to 300°F.
8. Use a #16 food scoop to scoop the chilled dough onto the prepared half sheet pans, leaving space between each cookie, 5 cookies per half sheet pan.
9. Bake on low fan setting for 16 to 18 minutes, turning the sheet pans in the oven at the halfway time mark. Cookies should look slightly puffed and lumpy with a shiny exterior.
10. Allow the cookies to cool on the sheet pan. Cookies should be soft and chewy in the center when cool.





Ciril Hitz

Rehoboth, MA | Made By Cyril

“ California Figs elevate everything I make with them. Their versatility makes them easy to incorporate into my formulations and their nutritional value is an added bonus. Their natural sweetness allows me to keep the sugar content low in my baked products and the variety of available textures and sizes make them an easy choice when looking for a star ingredient to take center stage in my recipes. Whole dried figs, particularly the golden ones, please both the eye and the palate, while smaller sizes enhance my pastries by ensuring delightful fig flavor in every delicious bite.

CALIFORNIA FIG SPELT BREAD

 Yield: **5 loaves, 480 grams each**

Soaker

INGREDIENTS

Coarse Milled Whole
Spelt Flour 971 grams
Water..... 874 grams
Buttermilk..... 194 grams
Toasted Pumpkin Seeds 150 grams
California Dried Figs Diced 300 grams
Sourdough Starter 2 grams

PROCEDURE

1. Stir together all the above ingredients until a uniform consistency is achieved.
2. Allow to ferment/soak overnight at room temperature, making sure that the dough is always covered.

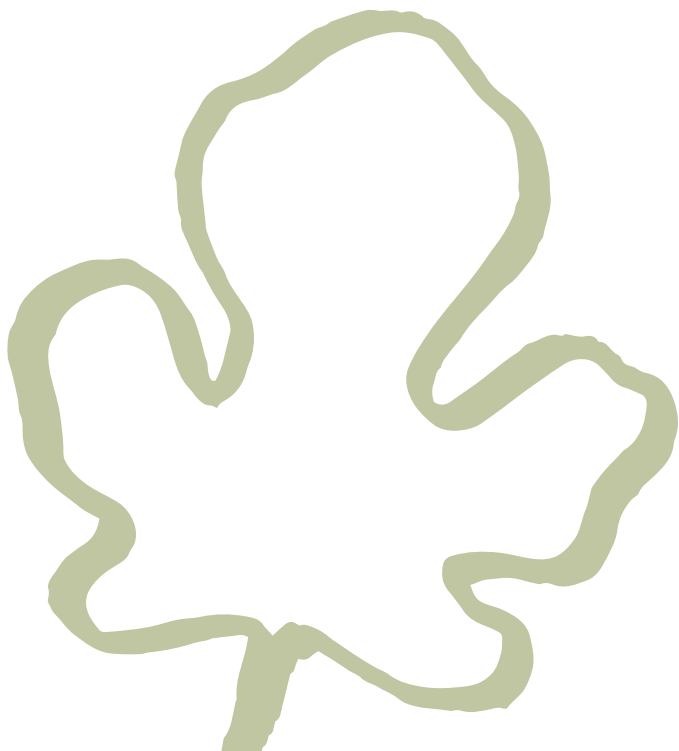
Final Dough

INGREDIENTS

Soaker..... 2491 grams
Salt..... 25 grams
Instant Yeast 2 grams
Spelt Bran or Wheat Bran for topping

PROCEDURE

1. Combine all ingredients in a bowl and stir until mixed well. Allow to ferment for 1 hour, covered.
2. Spray 5, 1-pound loaf pans and line them with paper liners.
3. Scoop 480 grams of the dough into the loaf pan molds using an ice cream scoop.
4. Use a bench scraper or damp hands to smooth out the top surface of each loaf. Cover with plastic and allow to proof for 1 hour.
5. Preheat a convection oven to 450°F.
6. Sprinkle the top of each loaf with a thin layer of spelt bran or wheat bran.
7. Bake for 15 minutes. Drop the temperature to 400°F for an additional 15 to 20 minutes, until the interior of the loaves reaches 200°F.
8. De-pan the loaves, place on a sheet pan and bake an additional 3 to 5 minutes, until browned and firm on all sides.
9. Cool completely and slice to serve.



CALIFORNIA FIG, GOUDA, CHIVE AND BACON SAVORY SCONES

Yield: 12

INGREDIENTS

All Purpose Flour	730 grams
California Fig Sugar (recipe below)	60 grams
Powdered Sugar	60 grams
Baking Powder	25 grams
Kosher Salt	3 grams
Smoked Paprika	3 grams
Unsalted Butter, cold and cubed	225 grams
California Dried Figs Diced	250 grams
Bacon, strips cooked until crispy, chopped	60 grams
Smoked Gouda, shredded	40 grams
Chinese or Standard Chives, (chopped medium fine	4 grams
Heavy Cream	300 grams
Whole Eggs, whisked together	100 grams

PROCEDURE

1. Preheat a convection or conventional oven to 350°F.
2. Combine the all-purpose flour, California Fig Sugar, powdered sugar, baking powder, salt, smoked paprika, and butter, in a mixer fitted with the paddle attachment.
3. Begin mixing for 2 minutes on low speed, gently breaking the butter into the dry ingredients.
4. Toss in the California Dried Figs Diced, chopped bacon, shredded gouda, and chopped chives. Mix for 20 seconds and pour in the heavy cream and egg.
5. Continue to mix the dough until it comes together. Put the entire dough on a table.
6. Once on the table, continue to mix the dough with your hands to form a 10-inch diameter circle.
7. Using a knife, mark 12 pieces. Start by quartering the circle, separate the quarters and cut those into thirds, until you have 12 equal-ish portions.
8. Place on sheet pans lined with parchment paper and sprayed with non-stick spray.
9. Bake the scones for 20 minutes in a convection oven or 25 minutes in a conventional oven. To make sure you bake completely, test by gently pressing on top. If it springs back, it's baked in the middle otherwise if it gives way, bake longer, by 2-minute increments.

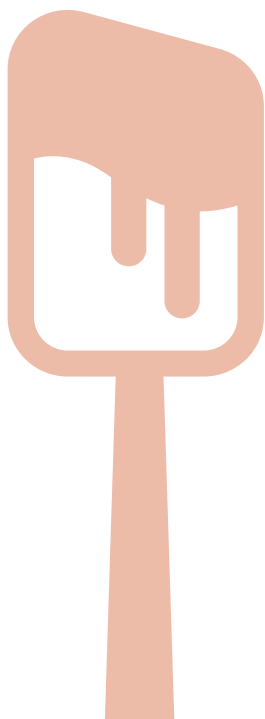
California Fig Sugar

INGREDIENTS

Sugar	200 grams
California Dried Figs Powder	100 grams

PROCEDURE

1. Whisk together in a bowl. Set aside until ready to use.





Vanarin Kuch

Houston, TX | Koffeteria

“ I truly believe in the quality of these California Dried Figs. I think they will change the way the industry can multi use figs and incorporate their in-depth flavor in savory and sweet applications.

CALIFORNIA FIG MACARONS

Yield: 20-25



Maki Stephens

Broomfield, CO | The Enchanted Oven

“ California Dried Figs elevated my macarons to another level. This macaron is not just sweet to nibble on but could also be appetizer that goes well with California wine or dessert to be enjoyed with my favorite tea, lady grey. I highly recommend this wonderful ingredient to all bakers throughout the U.S. There are so much possibilities to be discovered working with California Figs!



Macaron Shells

INGREDIENTS

Powdered Sugar	160 grams
Almond Flour.....	160 grams
California Dried Figs Powder	16 grams
Granulated Sugar	100 grams
Egg White Powder.....	1/4 tsp
Egg White, at room temperature	120 grams
California Dried Figs Juice Concentrate	1/2 tsp

PROCEDURE

1. Preheat oven to 300° F.
2. Sift powdered sugar, almond flour, and fig powder into a bowl.
3. Combine sugar and egg white powder and mix well.
4. Place the room temperature egg whites into a very clean bowl.
5. Using an electric mixer, whisk egg whites. Once they begin to foam, SLOWLY add the sugar/egg white powder mixture.
6. Add food coloring (if desired). Continue to beat until stiff peaks form. Towards the end of the mixing process, add fig concentrate.
7. Gently fold in 1/3 of the dry ingredients so you don't break the foam.
8. Repeat step 7 two more times.
9. Perform macaronage.
10. The final mixture should look like flowing lava (grated nagaimo), and be able to fall into a figure eight without breaking. Spoon into a piping bag with a medium round piping tip and you're ready to start piping.
11. Pipe about 3 cm diameter dollops onto a baking sheet lined with parchment paper. (Glue the parchment down with dabs of batter.) Tap the baking sheet on the counter several times to release air bubbles. Allow to sit until the surface dries so that the mixture won't stick to your finger when you gently touch it.
12. Bake at 300° F for 15 -20 minutes, rotating the tray after 15 minutes. Allow to cool completely before removing from the baking sheet.

Filling

INGREDIENTS

Roasted and Salted Pistachios.....	60 grams
California Dried Figs Diced or E-Diced	60 grams
Condensed Milk	50 grams
Unsalted Butter, softened	60 grams
Salted Butter, softened.....	60 grams
Cream Cheese, softened.....	120 grams
Powdered Sugar, sifted	70-100 grams
Dark Rum	32 grams

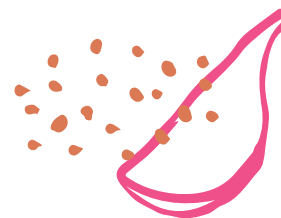
PROCEDURE

1. Chop pistachios and set aside. Mince diced figs or e-diced figs and set aside.
2. Add condensed milk, unsalted butter, salted butter, and cream cheese in a mixing bowl. Using a paddle attachment, mix the wet ingredients at slow speed first until combined. Mix on medium-high for 5-8 minutes to whip in air. Add powdered sugar a little at a time and keep mixing. Add rum, figs, and pistachios.

Assembly

PROCEDURE

1. Pipe filling onto the back of half of the shells. Use the other half of the shells to form sandwiches. Macarons should be aged in the fridge for 1-3 days for best results. This allows the filling to soften the shells inside.
2. Since macaron shell outcome is heavily dependent on the working environment and equipment, if you have your established recipe and method, use 5% of the almond flour/powdered sugar mixture weight for fig powder. You might also need to adjust the amount of fig juice concentrate to add in the meringue.



WHY CALIFORNIA FIGS

California figs are grown in the fertile soil of the San Joaquin Valley in the Central Valley, one of the world's most famous fruit and vegetable growing regions. Commercial fig orchards are located in Fresno, Madera, Merced, and Kern counties, and California figs are harvested in late summer and early fall.

California dried figs and fig ingredients are available year-round.

One of the top priorities of California fig growers is quality and food safety. That's why state-of-the-art equipment and sustainable growing practices such as water and tree management are in place. In addition, California Figs are inspected by the Dried Fruit Association (DFA) of California to certify for grade and quality standards required by the California's Department of Food and Agriculture, ensuring California figs are the best in the world.

CaliforniaFigs.com

California Fig Advisory Board
405 N "I" Street, Suite B
Madera, CA 93637
559-673-0526
info@californiafigs.com

@cafigs

