

WOODLAND® FOODS

D'ALLESANDRO
Gourmet Ingredients

manitou
TRADING COMPANY

WOODLAND
INGREDIENTS™

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PARVE

F28



DRIED GOLDEN FIGS

NON
GMO

GLUTEN
FREE

STORE IN A DRY, COOL PLACE.

The Golden Fig is a variety of fig offering intriguing texture and a naturally sweet flavor. Typically smaller than Black or Mission figs even when fresh, Dried Golden Figs are typically the size of walnuts or sometimes even smaller.

- Light yellow, orange and brown
- Approximately 1" in length, oblong
- Balanced sweet, nutty flavors
- Internal sugars crystallize on surface for mottled appearance

Nutrition Facts

servings per container	
Serving size about 6 pieces (40g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 26 g	9%
Dietary Fiber 4 g	14%
Total Sugars 19 g	
Includes 0 g Added Sugars	0%
Protein 1 g	
Vitamin D 0.0 mcg	0%
Calcium 64.8 mg	4%
Iron 0.8 mg	4%
Potassium 272.0 mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Golden Figs, Potassium Sorbate And Sulfur Dioxide Added As Preservatives. Contains Sulfites.

BASIC PREP

Ready to use. No preparation necessary. To rehydrate, pour boiling water over fruit and let sit, covered, for 5 to 10 minutes. Drain well before using.

SUGGESTED USES

- Add to muffin or bread recipes
- Combine with other dried fruits and nuts to create a custom trail mix
- Add to salads, couscous, rice or stuffing dishes for a colorful, flavor-filled accent
- Enjoy as-is for a convenient, healthy snack

RECIPE

Warm Figgy Pudding

1 cup chopped dried Golden Figs, plus additional whole figs for garnish
1 cup Diced Dates
2 cups water
1 teaspoon baking soda
21 tablespoons butter, softened, divided, plus more for greasing ramekins
1 cup superfine sugar
2 eggs
2-1/2 cups self-rising flour
2-1/2-ounces dark chocolate, grated
2 cups brown sugar
2 cups heavy cream
Whipped cream for topping

Preheat oven to 350°F. Butter the inside of 12 single-serving ramekins. Combine figs, dates and water in a medium saucepan over medium heat. Bring to a boil, remove pan from heat, and stir in baking soda. Let sit 5 minutes to cool. Transfer date mixture to a blender, and puree. Set aside. Combine 7 tablespoons butter and sugar in a large mixing bowl or the bowl of a stand mixer fitted with a paddle attachment. Beat together until light and fluffy. Add flour, pureed fig mixture and chocolate, and mix just until combined. Fill ramekins with batter about halfway or slightly under. Bake for 20 to 25 minutes. Meanwhile, combine brown sugar and cream in a medium saucepan over low heat. Stir until sugar dissolves. Increase heat and bring mixture to a boil, then reduce heat to maintain a simmer for 5 minutes. Add remaining butter, and stir to incorporate. Remove ramekins from oven, and let stand 10 minutes. Serve warm in ramekins or unmold onto small serving dishes. Slash a shallow "X" on top of each pudding, and pour warm sauce over, allowing it to soak in slightly. Top with whipped cream. Quarter remaining whole figs, and sprinkle on top for garnish.

Makes 12 servings

Figgy pudding, as demanded by many a caroler, is a traditional British Christmas dessert that goes back to Shakespeare's time. In this version, the common rum- or sherry-soaked dried fruit is replaced with a puree of rehydrated figs, dates and water, which adds important moisture to the finished product, while grated dark chocolate adds complexity.

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*Nutritional information may vary due to growing conditions, seed stock and frequency of nutritional testing.