



Fig Heaven

Marie Simmons

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They come fresh or dry, in yellow or purple, from California and Mediterranean and Middle Eastern countries. They are in restaurants, supermarkets, fruit stands, backyards, and inside some very famous cookies. What are they? They're figs -- one of America's favorite fruits.

From Mission and Kadota figs to Adriatic and Calimyrna varieties, award-winning cookbook author Marie Simmons leaves no fig or fig leaf unturned in this extraordinary book about this most extraordinary fruit: *Fig Heaven*.

Figs are harvested in late summer and early fall, but, fortunately for us, they are easily dried and packaged, so they're available all year long. Packed with vitamins and antioxidants, plump, fragrant figs are guilt-free indulgences that can be enjoyed in countless ways.

Fig Heaven is an inviting, comprehensive cookbook offering 70 recipes for both fresh and dried figs. They range from appetizers, salads, and sandwiches to entrées and desserts.

On the savory side, you'll find Open-Faced Dried Fig and Melted Blue Cheese Sandwiches; Fettuccine with Fresh Figs, Lemon, and Rosemary; and Lamb Pilaf with Artichokes and Dried Figs. If your sweet tooth needs some real satisfaction, there's a Fresh Fig and Peach Crumble, Dried Fig and Walnut Biscotti, and Molten Chocolate Roasted Figs with Vanilla Custard Sauce.

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