

The Friday 4

4
FRESH
IDEAS
YOU
CAN USE
IN
4
MINUTES
OR LESS



1 Quick Recipe: Fruity, Chewy, Delicious!

A Delightful Afternoon Snack...

Orange Fig Bars

12 Ounces Dried Figs, Chopped
3/4 Cup Water
1/2 Cup Maple Syrup
2 TB Grated Orange Zest
1/3 Cup Sugar
1/3 Cup Dark Brown Sugar
6 TB Butter, Softened
3/4 Cup All Purpose Flour
1/4 Cup Whole Wheat Flour
1 Cup Regular Oats
1/2 Tsp Baking Soda
1/4 Tsp Salt
Non Stick Cooking Spray

Step One Preheat the oven to 400F.
Spray a 9X9 square baking pan with non stick cooking spray.

Step Two Combine the figs, water and maple syrup in a saucepan over medium heat. Bring to a boil, reduce the heat and cook for 8-10 minutes or until most of the liquid is absorbed. Stir in the zest, set aside to cool.

Step Three Cream the sugars and the butter with a mixer until smooth.

Step Four In another bowl combine the flours, oats, baking soda and salt. Add the flour mixture to the sugar/butter mixture and stir to combine. (Mixture will be crumbly.)

Step Five Press 2/3 of the flour mixture into the bottom of the sprayed 9x9 pan. Spread the cooled fig mixture on top, and sprinkle with the remaining flour mixture. Bake for 25

to 30 minutes or until golden brown. Cool completely in the pan before cutting.

2 Kitchen Smidgen

When measuring flour, never pack the measuring cup full. Always lightly spoon flour into a dry measuring cup and level it with a knife. This method will ensure you have just the right amount of flour for the recipe.

3 Get Creative

To easily make the Orange Fig Bars dessert for guests, heat them in the microwave for about 30 seconds. Top them a dollop of Mascarpone Cheese - an Italian Cream Cheese. Garnish with a twist of orange.

4 WINE of the Week

Rosenblum Cellars Late Harvest
Rosie Rabbit Zinfandel 2006

California, Whole Foods about \$18.00

Wow! A flavorful, jammy dessert wine that is perfect for the fig bars - or divine just on its own. Rich, ripe raspberries and sweet dark cherries are apparent on the nose, and you'll taste the flavors of spicy strawberries and blackberry jam. Late harvest wines are exactly as they sound - grapes that have been left on the vines longer to develop more sugar, and the resulting wine is lush, rich and delicious!