

# The Friday 4

4  
FRESH  
IDEAS  
YOU CAN  
USE IN  
4  
MINUTES  
OR LESS



## 1 Quick Recipe: Best of the Season: Fresh Figs!

### The Perfect Summer Ending...

#### Rustic Fig Galette\*

##### The Crust

- 1 Package Active Dry Yeast
- ¼ Cup Warm Water (105-115F)
- 1 ½ Cups of All Purpose Flour
- ½ Cup Whole Wheat Flour
- ¼ Cup Sugar
- 1 Tsp Salt
- ¾ Cup Butter in ½" inch pieces
- 1 Large Egg, lightly beaten
- 1 Tsp Vanilla

##### Fruit Filling

- 1 ½ Lb Fresh Figs in ½" pieces
- 3 TB Flour
- ¼ Cup Sugar

##### Topping

- 2 Tablespoons Raw Sugar
- 1 Egg White

**Step One** Preheat the oven to 350F. Combine the yeast and water in a bowl, and set aside. Place the flours, sugar, salt and butter in the bowl of a food processor, pulse until the mixture looks like coarse meal. Now combine the yeast, egg and vanilla. Slowly add it to the flour and process until it begins to form a ball. (The dough will be very soft.) Shape the dough into a disc and place in the refrigerator for at least 1 hour.

**Step Two** Combine the filling ingredients and toss to coat.

**Step Three** Remove the dough from the refrigerator, and roll (or pat) the dough into about a 14-inch circle on a greased baking sheet. Spread the fruit filling over the dough to within 3

inches of the edge. Fold the edges of the dough over the fruit, leaving the center of the fruit uncovered. To top, paint the exposed crust with the egg white and sprinkle with sugar. Bake for 30 - 40 minutes.

### 2 Kitchen Smidgen

\*Galette is a general term used in French to designate different types of round and flat crusty cakes filled with jam, nuts, fruit or cheese.

### 3 Get Creative

Try fresh figs for an appetizer! Stand the fig upright on a baking sheet, and cut a cross in the stem end. Fill with blue cheese. Bake in a 350F oven for about 5 minutes, or until hot. Drizzle with reduced balsamic vinegar and serve.

## 4 WINE of the Week

### Gruet Blanc de Noir

Albuquerque, New Mexico  
About \$14.00 at Publix

Sparkling wine from New Mexico? You better believe it! I was first introduced to this wine years ago, when a fellow golfer told me it was served at the famous Pebble Beach golf course. And why shouldn't it be? This creamy, light bubbly blend of Pinot Noir, Chardonnay and Pinot Meunier grapes is a hole in one. You'll find it crispy and citrusy - a perfect match to the rich fig galette.