



PRESERVE FIGS DIFFERENT WAYS

HOW TO PEEL FIGS

Lye Peeling

Prepare lye solution in an agateware or iron kettle -- never use aluminum. Dissolve 4 tablespoons of lye in 2 gallons of water. Put the fruit in a wire basket or cheesecloth bag to dip the fruit into the solution. Heat the lye water to boiling and while it is actively boiling, immerse the figs for 30 to 60 seconds. Remove fruit from lye solution and put into cold water immediately. Wash through several waters. In the last rinse water, use 2 tablespoons vinegar per gallon of water to further neutralize any trace of lye that might still be there. Usually a little rubbing with the hands or a knife will remove the lye.

Soda Bath (removes fuzz but not peel)

Sprinkle soda over 6 quarts sound figs and add one gallon boiling water. Let stand five minutes. Drain and rinse well.

CANNED FIGS

(Makes about 7 pints)

Leave 1/8 inch stem. Wash. Use soda bath. Dissolve 4 cups sugar in 8 cups hot water. (Part honey in place of sugar is very desirable for flavor.) Bring

sirup to a boil. Add figs and boil for one hour. Add 1/2 cup lemon juice. Then pack hot in hot jars. Cover with boiling sirup. Process in water bath...pints and quarts 20 minutes.

DRIED FIGS

Use only sound ripe figs. Remove stems. Dip in boiling water for one minute. Dip in cold water. Drain. Sulphur 1 to 2 hours. Place in drier at 115 to 120 degrees Fahrenheit and gradually increase to 145 degrees Fahrenheit. Stir occasionally to prevent sticking. When figs are about half dry, split on one side and press together. When figs are nearly dry, lower the temperature to 135 degrees Fahrenheit to finish.

FIG PRESERVES I (Makes about 2 pints)

2 quarts figs 1 quart sugar 1 quart water

Select only perfect figs, ripe but not soft. Peel figs by lye dip or treat with soda bath. Let the figs drain while making sirup of 1 quart of sugar and 1 quart of water. Boil sirup 10 minutes before adding the drained figs. Add figs slowly to keep sirup boiling gently. Boil in covered kettle until figs are clear. Skim and let stand overnight. Drain off sirup and boil until thick. Pack figs into container and pour thick, hot sirup over the figs to fill containers. Seal at once and store in a cool place.

FIG PRESERVES II (Makes about 5 pints)

1 gallon figs 2 quarts sugar 1 lemon

Wash figs well. Figs may be left unpeeled or treated with the soda bath. Place alternate layers of sugar and figs in an enamel or aluminum kettle. Let stand overnight. Next morning lift the figs out of the sirup which formed overnight. Bring sirup to a

boil. Drop figs into boiling sirup a few at a time. Cook until tender, transparent and amber color (about 1 to 1-1/2 hours). Add juice of lemon. Cook 10 minutes longer. Remove figs and pack in hot clean jars. Cook sirup down until thick and cover figs. Seal and store.

FIG PRESERVES III (Makes about 2 pints)

2 quarts figs	1/2 lemon or....
1 quart sugar	3/4 orange sliced thin
2-1/4 cups water	or ground

Wash figs and peel by soda bath or lye bath. Pour water over figs. Boil slowly in covered vessel until the fruit is tender and clear (about 45 minutes). Add sugar and lemon or orange. Cook 20 minutes longer. Pack in hot sterile jars and seal.

FIG CONSERVE

1 pound ripe figs (peeled)	3/4 cup nuts
1/2 orange (pulp and peel)	1-1/2 pints water
3/4 pound sugar	1/2 cup raisins

Prepare and cook figs as for preserves. Cut into small pieces. Add orange and raisins which have been chopped or ground. Cook for one hour. Add the chopped nuts. Cook five minutes longer. Pack into hot sterilized jars and seal.

CANDIED FIGS

8 pounds figs	8 cups sugar	6 cups water
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Leave 1/8 inch stems on. Dip in soda solution. Rinse well in fresh water and drain. Boil sugar and water together for about 10 minutes. Drop figs in a few at a time so as to keep sirup boiling. Boil rapidly for about 10 minutes. Set aside till next morning, then boil again for 5 or 6 minutes and set aside. For 6 mornings, including the first morning, boil the figs for 5 or 6 minutes or until all sirup has cooked

into the figs. Cool, spread on drier and cure in the sun till figs are dry. Usually takes about two hot, sunny afternoons -- maybe longer in some climates. When figs are dry, store as any other dried fruit.

SWEET PICKLED FIGS (Makes about 2 pints)

2 quarts figs	1/4 ounce ginger root
4 cups sugar	1/2 teaspoon each of ground
1 cup vinegar	cloves, allspice and cinnamon

Select ripe but firm figs. Treat the figs in a soda bath. Cook the sugar, vinegar and the spices until thick. Pour sirup over the drained figs and let stand overnight. Drain off juice and boil until thick. Then add the fruit and cook until tender and clear (about 1 hour). Pack into hot sterilized jars, cover with sirup. Seal and store in a cool, dry place.

FIG JAM (Makes about 6 pints)

Treat figs with soda bath. Rinse in clean cold water, dry, and press the fruit until all water is out. Weigh figs, remove stems and crush. Allow half as much sugar as fruit by weight. Put in barely enough water to start fruit cooking, then boil down until thick, or put in the oven if you have a heat control on your oven and cook at 275 degrees Fahrenheit until thick (about 1 to 1-1/2 hours).

A little lemon, orange, preserved ginger or nut meats may be added for additional flavor in the last 15 minutes of the cooking time.

By

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