



UCCE Master Food Preservers of El Dorado County

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'Oh, Bring Us Some ... ' Wait. What Is Figgy Pudding?

Now that I have your attention, I would just like to say I have no idea what Figgy Pudding is. All I know is it's British. And, I needed a fig related title. Moving on...

It is fig season here in the Sierra foothills. A friend gave me a box of figs. Now then, I did not grow up eating figs other than Fig Newton's, which I luuuuuuv! So if I can make something like Fig Newton's in a jar that would be wonderfulness for sure. Is there a tested recipe for Fig-Wonderfulness-In-A-Jar?

As I paged through my canning books and on-line resources for TESTED recipes, I found several fig recipes that caught my attention. - fig jams, pickled figs, fig chutney, fig preserves. Wow, who knew there were so many fig recipes for canning? Even Master Food Preservers learn new tricks from time to time.

In my quest for Fig Newton's In A Jar, I got side-tracked and became intrigued by this recipe for ***Fig Rosemary and Red Wine Jam***. Honestly, who can resist a name like that?

Figs? Check.



Fresh rosemary? Check.



Red wine? Double-check. For the recipe and for the cook!



FIG ROSEMARY AND RED WINE JAM



Red wine, rosemary, and figs meld into this jam reminiscent of the South of France. Serve with a big blue cheese, which stands up in flavor. I can also see this with some good, aged white cheddar. Since the wine really stands out, use a good- quality Merlot or Pinot Noir with this jam.

Makes about 4 half-pint or 8 4-oz. jars

YOU WILL NEED

- 1 ½ cups merlot or other fruity red wine
- 2 Tbsp. fresh rosemary leaves
- 2 cups finely chopped fresh figs
- 3 Tbsp. Ball® Classic Pectin
- 2 Tbsp. bottled lemon juice
- 2 ½ cups sugar

DIRECTIONS

1. Bring wine and rosemary to a simmer in a small stainless steel or enameled saucepan. Turn off heat; cover and steep 30 minutes.
2. Pour wine through a fine wire-mesh strainer into a 4-qt. stainless steel or enameled saucepan. Discard rosemary. Stir in figs, pectin, and lemon juice. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
3. Add sugar, stirring to dissolve. Return mixture to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.

4. Ladle hot jam into a hot jar, leaving 1/4-inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar. Apply band, and adjust to fingertip-tight. Place jar in boiling-water canner. Repeat until all jars are filled.



5. Process jars 10 minutes, adjusting for altitude. Turn off heat; remove lid, and let jars stand 5 minutes. Remove jars and cool.

source: <http://www.freshpreserving.com>

I chose to pack mine in 4 oz. jars since my plan is to use these on cheese platters or as hostess gifts. Remember, the processing time is the same for 4 oz. jars as it is for 8 oz. jars.



I love my steam canner for quick small batches. It heats up fast and cools down fast.

Here are guidelines for using steam canners:

http://extension.oregonstate.edu/fch/sites/default/files/documents/guidelines_atmospheric_steam_canner.pdf

Cook's note: The blurb at the top of the recipe suggested using good wine. This is true for any alcohol used in canning recipes. Use good quality. If you won't drink something because it is awful, why would you save it to cook with it? As for liqueurs, don't buy the cheap stuff. It really shows in a jar. If you do not want to spring for a whole bottle of expensive liqueur then go to a big liquor store that sells the little tiny 50 ml bottles.

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