

Fantastic figs

Soft and sweet, figs are a delicious summer treat – and so versatile too! Eat them raw, or use them to create a range of different courses as we've done here, and enjoy an exotic taste explosion!



4 servings

Did you know...

To prevent your table setting from looking too busy if you're incorporating a lot of colour into it, use a white dinner set instead of one with a pattern. Celebre (pg 34), with its modern shape, is a great option.

Mille feuille

Serves 4

Mille feuille is traditionally made with phyllo pastry and custard, but we've dressed our pastry up with with roast rosa tomatoes, buffalo mozzarella, onion marmalade and a honey-mustard dressing. Enjoy!

- 4 sheets of phyllo pastry
- 3 tbsp butter, melted
- 2 balls buffalo mozzarella, drained and thinly sliced
- 1 cup rosa tomatoes, skins removed
- 1 tsp thyme, chopped
- 2 cloves garlic, sliced
- 4 large tbsp onion marmalade
- 5 large figs, sliced
- ¼ cup rocket, washed and dried
- 2 tbsp crème fraiche, mixed with 1 tsp water

- For the dressing
- 1 tbsp Dijon mustard
- 5 tbsp olive oil
- 2 tbsp honey
- 1 tbsp white wine vinegar

- 1 Preheat the oven to 200°C.
- 2 Place one of the phyllo sheets on a clean and dry working surface. Brush with the melted butter. Cover with one more phyllo sheet. Repeat with the rest of the sheets, but do not brush the top sheet with the butter.
- 3 Place a coffee cup on top and cut around it with a sharp knife. Repeat with the rest of the phyllo pastry so that you have 12 discs.
- 4 Place the discs between two baking trays and bake for 7 minutes or until the phyllo pastry is golden brown and crispy.
- 5 Remove the discs from the oven and set aside to cool.
- 6 Turn the oven down to 160°C.
- 7 Combine the tomatoes, garlic, thyme and olive oil in an ovenproof bowl. Season well and roast in the oven for 35 minutes. Remove from the oven and keep warm.
- 8 Combine all the dressing ingredients in a small mixing bowl. Mix well and set aside.
- 9 Place one phyllo disc on a serving plate and spread one tablespoon of marmalade on the disc. Put another disc on top and spread with a quarter of the sliced mozzarella and figs. Place another disc on top and spoon over a quarter of the roast tomatoes. Top this with some rocket and two tablespoons of the dressing. Lastly drizzle with one tablespoon of crème fraiche. Repeat with three more serving plates. Serve immediately.

Fig tartare

Serves 4

A light and fresh dish, you can serve this fig tartare as a simple starter at dinner. If you like, you can offer each guest a small crispy roll as well.

- 3 large figs, sliced
- ¼ cucumber, cubed
- 1 tsp chopped mint
- 1 log goat's cheese, cubed
- 1 small packet baby lettuce
- 4 tbsp olive oil
- 4 tsp balsamic vinegar

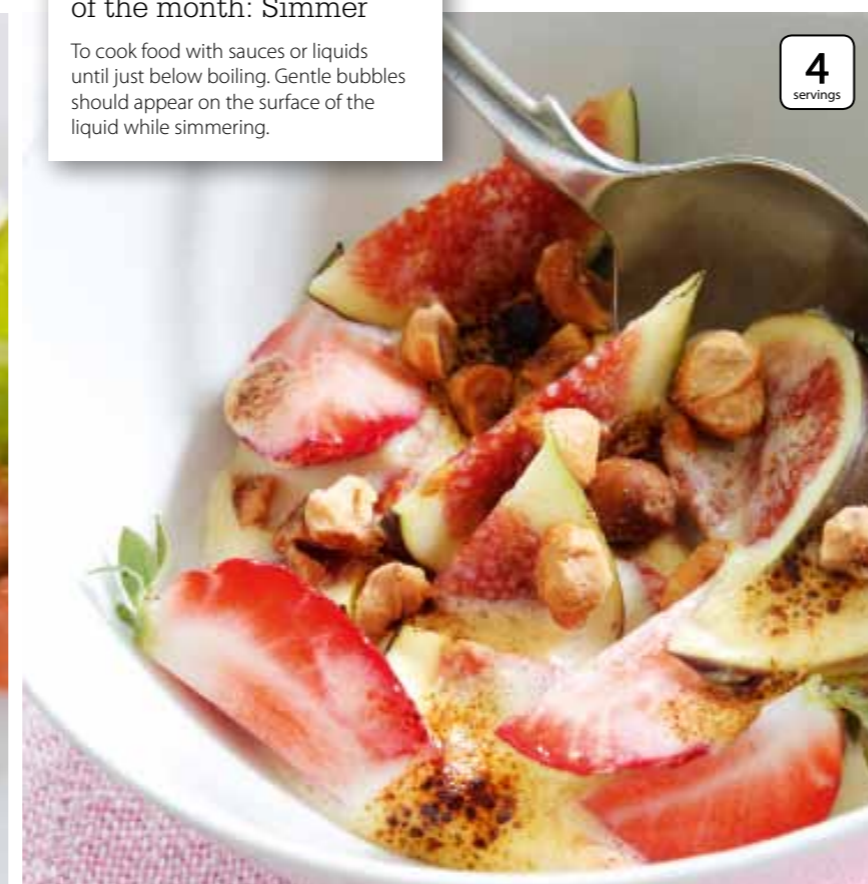
- 1 Combine the figs, cheese, mint and cucumber in a bowl and mix well. Set aside.
- 2 Place one small handful of the lettuce in the middle of a serving plate.
- 3 Place a small mould in the middle, spoon ¼ of the mixture into the mould and lightly press down. Carefully remove the mould.
- 4 Drizzle with a tablespoon of olive oil and one of balsamic vinegar. Repeat with three more plates. Serve immediately.



4 servings

Cooking term of the month: Simmer

To cook food with sauces or liquids until just below boiling. Gentle bubbles should appear on the surface of the liquid while simmering.



4 servings

Figs with Pimm's sabayon

Serves 4

Sabayon is a dessert sauce which can be made to be sweet or savoury. Keep it at an even, medium heat during cooking to ensure the perfect consistency.

- 4 figs, quartered
- 4 strawberries, quartered
- 4 tbsp hazelnuts, roasted and crushed

- For the sabayon
- ¼ cup Pimm's liqueur
- 2 large egg yolks
- 2 tbsp sugar

- 1 To make the sabayon, start by half-filling a small saucepan with water and bringing it to a **simmer**. Now place all the ingredients in a stainless steel bowl and whisk until well combined. Place the bowl over the saucepan and continue to whisk until the sauce is thick and has doubled in volume. This should take between 3 and 5 minutes.
- 2 Divide the figs and strawberries between four serving bowls.
- 3 Spoon over the sabayon, dividing and spreading it evenly. Place it under a hot grill for a few seconds, until the sabayon gets a golden tinge. Sprinkle with nuts and serve immediately.

Rate our recipe and win

Do you want to win a Bali luxury comforter set?

Then simply prepare any (or all!) of our recipes this month and let us know what you thought of them. It's that simple!

Send a letter along with your name, address, telephone number and HomeChoice account number to **HomeChoice/February Food, Private Bag X500, Claremont 7735** by 29 February 2012 for your chance to win. Alternatively, e-mail it to hcplus@homechoice.co.za

HomeChoice Plus *benefit* for credit account customers only

see more online

@ www.homechoice.co.za

For more recipes, visit our website and click on HomeTalk!

