

TE MATA FIGS

Figs in Honey Syrup

Ingredients

- ★ 12 ripe fresh figs
- ★ 100g blanched whole almonds
- ★ 125g (heaped 1/2 cup) sugar
- ★ 115g (1/3 cup) honey
- ★ 2 tablespoons lemon juice
- ★ 6cm sliver of lemon zest
- ★ 1 cinnamon stick
- ★ 250g (1 cup) Greek style natural yoghurt
- ★ 750ml water

Method

Preheat oven to 180°C. Put almonds in baking tray and bake for 5 minutes, or until light golden. Leave to cool. Cut the stems off the figs and make a small crossways incision 5mm deep on top of each. Push a blanched almond into the base of each fig. Roughly chop and reserve the remaining almonds.

Put 750ml water in a large saucepan, add the sugar and stir over medium heat until the sugar dissolves. Increase the heat and bring to the boil. Stir in the honey, lemon juice, lemon zest and cinnamon stick. Reduce the heat to medium, add the figs to the pan and simmer gently for 30 minutes. Remove with a slotted spoon and put on a large serving dish.

Boil the liquid over high heat for about 15-20 minutes, or until thick and syrupy. Remove the cinnamon and lemon zest. Cool the syrup slightly and pour over the figs. Sprinkle with the reserved almonds and serve warm or cold with yoghurt.