



what to do with figs? figs jubilee!

A simple gluten free dessert made with dried figs

Preparation Time 10 minutes | **Cook Time** 10 minutes | **Serves** 4-6 (as topping over ice cream)

There are few things more festive—or impressive—than a dessert with literal flare, which is what led us to this dessert: our take on the classic 'Cherries Jubilee' complete with a flambé routine. These figs are a great (and fuss-free) way to jazz up simple vanilla ice cream.

Dried figs are a superfood: adding fiber, iron, calcium, Vitamins A, B1 and B2 to your diet.

Ingredients

- 1 tablespoon water
- 2 tablespoons raw sugar
- 12 Ziba sun-dried Kandahar figs
- 1 tablespoon of fresh lemon juice
- 2 slices of lemon zest
- 2 tablespoons spiced rum

Equipment

Small saucepan (ideally with a lid, and a long handle)
Large spoon
Matches/lighter

Instructions

1. Warm the water, sugar, figs, lemon juice and lemon zest in a small saucepan on medium heat. Stir occasionally, but keep the saucepan covered in between stirs.
2. After 5 minutes, take the lid off the saucepan; the sugar should be dissolved, and the figs should look glossy and feel more plump to the touch of your spoon.
3. Remove saucepan from heat and add the rum.
4. Carefully light the fig mixture and then gently swirl the pan. Keep gently swirling the flaming pan until the alcohol has burned off naturally (about 20 to 30 seconds) and the flame has subsided.
5. Serve the figs over vanilla ice cream with a drizzle of the syrup.

a simple gluten free dessert