



Fig and Thyme Fingers

A fat-free fig based chewy bar subtly flavored with thyme (but equally delicious without). Quantities could be halved if a smaller batch is required.

Preparation Time : 10 minutes

Cooking Time : 35 - 40 minutes

Ingredients

14 oz / 400g dried figs
4 oz / 110g demerara sugar
3 oz / 75g chopped walnuts
4 oz / 110g plain flour
1 tsp baking powder
1/4 tsp salt
3 eggs, lightly beaten
2 tbsp brandy or cognac
icing sugar

Herbs & Spices

1 tsp Thyme
1/2 tsp Cinnamon Ground
1/4 tsp Cloves Ground
1/4 tsp Nutmeg Ground or 1/4 tsp Mace Ground

Cooking Instructions

Preheat the oven to 170C / 325F / gas mark 3

Chop the figs roughly then place in a food processor with some of the sugar and process to chop finely. Mix with the remaining sugar, thyme and walnuts. Sift in the flour, baking powder, spices and salt over the mixture and stir in. Stir in the eggs and the brandy. Turn the mixture into a 8x10in baking tin lined with greaseproof paper. Bake in the oven for 35-40 minutes. Leave in the tin for 5 minutes before turning out onto a sheet of greaseproof paper lightly sprinkled with icing sugar. Cut into bars when cold and store in an air-tight container.