*Fruits*

# GREEN FIGS



Ref: FIG-01

Italian name: Fichi Verdi

Weight order: 3-4 kg

Description: Although not juicy, the fig is an incredibly luscious fruit, with a delicate aroma and sweet flavour. Originally from Asia, figs are now grown across the Mediterranean. Figs have an oval or squat pear shape, and thin skin that encloses hundreds of seeds (actually miniature fruits themselves) held in a succulent, softly fibrous red or purple flesh. Figs are very delicate and need gentle handling.

Season: from August to October

Serving suggestion: Eat raw, drizzled with honey, a scattering of toasted nuts and some clotted cream, or in a salad with Parma ham or goat's cheese and rocket. Alternatively, halve and grill (2-3 minutes); roast whole (8-12 minutes); poach whole (5-8).

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