

Simple Syrup - Fig and Vanilla Bean

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Servings: 1

*1 cup chopped figs
1/2 cup sugar
1/2 cup water
1 vanilla bean, cut in half
lengthwise and seeds
scraped*

Preparation Time: 5 minutes

Cook Time: 5 minutes

Add the figs, sugar, water and vanilla bean to a small saucepan. Bring to a boil over medium-high heat. Reduce the heat to medium-low.

Cook, stirring frequently, for about 5 to 7 minutes or until the figs break down.

Let the mixture sit while it cools (about 30 minutes), then strain using a fine-mesh strainer.

Per Serving (excluding unknown items): 387 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 100g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 6 1/2 Other Carbohydrates.