

Fig Sauce

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 2 1/4 cups

2 shallots OR 1 onion

8 ounces dried figs

2 teaspoons olive oil

1 1/4 cups chicken stock

2 tablespoons cider vinegar

1 tablespoon fresh thyme, chopped

salt (to taste)

pepper (to taste)

Chop the shallots or onion finely. Chop the figs roughly.

In a saucepan, heat the oil for 1 minute. Add the shallots and figs. Cook for 5 minutes, stirring.

Stir in the stock, vinegar, thyme, salt and pepper. Mix well. Bring slowly to a boil. Cover and simmer for 10 minutes, stirring occasionally. Remove the pan from the heat. Set aside to cool.

Once cool, puree' the mixture in a blender or food processor until smooth. Return the sauce to a saucepan. Reheat gently and adjust the seasoning before serving.

Serve hot or cold with lamb or beef.

Per Serving (excluding unknown items): 686 Calories; 12g Fat (14.5% calories from fat); 8g Protein; 150g Carbohydrate; 28g Dietary Fiber; 0mg Cholesterol; 2709mg Sodium. Exchanges: 0 Grain(Starch); 9 1/2 Fruit; 2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	686	Vitamin B6 (mg):	.5mg
% Calories from Fat:	14.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.3%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	12g	Folacin (mcg):	21mcg
Saturated Fat (g):	2g	Niacin (mg):	2mg

Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 0mg
Carbohydrate (g): 150g
Dietary Fiber (g): 28g
Protein (g): 8g
Sodium (mg): 2709mg
Potassium (mg): 1750mg
Calcium (mg): 338mg
Iron (mg): 7mg
Zinc (mg): 1mg
Vitamin C (mg): 6mg
Vitamin A (i.u.): 413IU
Vitamin A (r.e.): 40 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 9 1/2
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 686 Calories from Fat: 99

% Daily Values*

Total Fat	12g	18%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	2709mg	113%
Total Carbohydrates	150g	50%
Dietary Fiber	28g	111%
Protein	8g	
Vitamin A		8%
Vitamin C		9%
Calcium		34%
Iron		41%

* Percent Daily Values are based on a 2000 calorie diet.