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FOOD

How to Dry Figs in 3 Ways

Written by MasterClass

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Dried figs are a rich source of potassium, fiber, and calcium. Having this flavorful, dried fruit on hand helps you extend fig season and expand your repertoire of fig recipes. Follow this guide to learn how to dry fresh figs in a variety of easy ways.



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Why Should You Dry Figs?

Fresh, ripe figs have a relatively short shelf life, of only a few days. Drying your figs allows you to keep these delectable fruits for a long time. There are also a series of other benefits. Here are three reasons why you should dry your figs:

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• **Extended shelf life:** Drying figs can extend their shelf life by several months. Dried figs can last for up to a year.

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days.

- **High nutrition:** Dense, dried figs offer more dietary fiber per serving than fresh figs.

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fresh figs.

- **Versatility:** Dried figs have a chewy texture and sweet fruit flavor, making them great snacks and cooking ingredients. Toss dried figs into a salad or snack on them whole. Soak the figs in water to plump them up before incorporating them into fig jam or fig ice cream.

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How to Dry Figs in the Oven

Oven-drying your figs is an easy method to preserve your fresh figs. Follow these steps for preparing dried figs in the oven:

1. **Preheat oven:** Set your oven to the lowest temperature, ideally 140 degrees Fahrenheit or lower.
2. **Wash and cut:** Wash the figs under cold water, drain them in a colander, and pat them dry with a paper towel. Next, cut the figs down the middle from the stem to the base.

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3. **Place in the oven:** Place the cut figs on a baking sheet or cooling tray. Place the sheet on the middle rack of the oven. Bake for 2-3 hours, checking on the progress at regular intervals.

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airtight container at room temperature. Dried figs will keep for six to twelve months.

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Dehydrating figs is a useful preservation method, but it requires a food dehydrator. Follow these steps to dehydrate fresh figs at home.

1. **Wash and dry:** Rinse the figs under cold running water. Pat them dry with a paper towel.
2. **Blanch:** Prepare a pot of boiling water. Lower the whole figs into the boiling water using a slotted spoon. Remove the figs from the boiling water after about thirty seconds. Place them in an ice bath to stop the cooking process. The ice bath will break down their skin and flesh and aid in the dehydration process.
3. **Cut vertically:** Cut your figs in half vertically, from the stem to the blossom end. Quarter your figs if you want smaller, chewier pieces.
4. **Arrange:** Place figs skin-side down in a single layer on your dehydrator tray. Avoid crowding the figs on the dehydrator tray, because this can foster moisture and interfere with the drying process.
5. **Dehydrate:** Set your dehydrator to its fruit setting, about 135 degrees Fahrenheit. Dehydrate for up to eight hours, checking on their progress throughout. Once the skins turn leathery, they are ready.
6. **Cool and store:** Place your freshly dried figs on a cooling rack so that they can cool. Once cooled, transfer the figs into an airtight container, like a plastic bag or mason jar, for storage. Remove any excess air from the bag to prevent moisture from getting sealed in with your dried figs.

How to Dry Figs in the Sun

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Sun-drying is a traditional and ancient method for dry your figs:

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2. **Cut vertically:** Cut your figs in half vertically, from the stem to the blossom end.

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..... of baking paper.

4. **Stage outside:** Place your tray of fresh fig halves outside in a sunny spot, and turn them over periodically throughout the day. Bring the figs inside when the sun sets, then place them back outside after the morning dew has dissipated. The drying time may vary depending on the climate. It will take two to seven days to complete the drying process.

5. **Store properly:** Store dried figs in airtight bags or jars. Place the figs in the proper container then seal and store them at room temperature or in the refrigerator or freezer.

How to Store Dried Figs

Store dried figs in an airtight container (such as a glass jar) at room temperature in a cool, dry place, like a pantry or cabinet. Alternatively, keep them in a thick, vacuum-sealed plastic bag to prevent excess moisture from accumulating. In hotter or more humid climates, store dried figs in the refrigerator or freezer.

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