



RECIPE OF THE WEEK: 18/10/2021
Siko Glyko Tou Koutaliou
(Fig Teaspoon Sweet)

This is a traditional dessert served to the guests with a Greek coffee and a glass of cold water. The process may be long and laborious and it may take up to two days to make a spoon sweet such as fig, unripe walnut and bitter orange, but I will give you a recipe that will take a few minutes and produce the same results.

Some households when preparing the spoon sweets, boil the figs for 10 minutes, strain and rinse them in cold water and put them back into the pan again. They then boil them again for 10 minutes to soften them. Then put them in the pan and leave them in cold water for up to 12 hours. They then refresh the water and boil them for the third time for 10 minutes. They continue the process by straining them and let them stand for a whole day before inserting a blanched almond and a clove at the bottom of each one where the stem is. They complete the long process of preparation by adding water in the sugar in the pan forming a syrup and adding the figs and boiling them with the lemon juice for another 10 minutes. My recipe does away with the above preparation with shorter steps with equally excellent results.

Ingredients

25 figs, preferably unripe
20 blanched almonds
20 cloves
750ml water
1kg sugar
1 tsp vanilla essence juice of ½ a lemon
leaves of fouli (lemon geranium), optional



Method

1. Wash the figs under cold running water. Drain them thoroughly and pat-dry them with kitchen paper.
2. Leave the stems of the figs on the fruit.
3. Cut a small circle at the bottom of the figs.
4. Put the figs in a big pan, cover them with cold water, bring to the boil up to 10 minutes and then drain them.
5. Insert an almond and a clove in the bottom of each fig where you made the cut.
6. Put the water in a clean pan and stir in the sugar to dissolve. Bring the syrup to the boil, lower heat, and simmer for 10 minutes. Discard the foam that forms from the surface with the aid of a spoon.
7. Add the syrup and boil for another 15 minutes. Leave the figs in the syrup over-night if you have time, if not boil the figs and syrup for another 10 minutes until the syrup is thick. Add the vanilla essence and lemon juice and the fouli (lemon geranium) if using.
8. Sterilise a few jars by heating them the oven at 150°C for 10 minutes or inserting them in hot water for 5-10 minutes. Fill the sterilised jars with the figs and syrup. Store in a cold cupboard until use.