

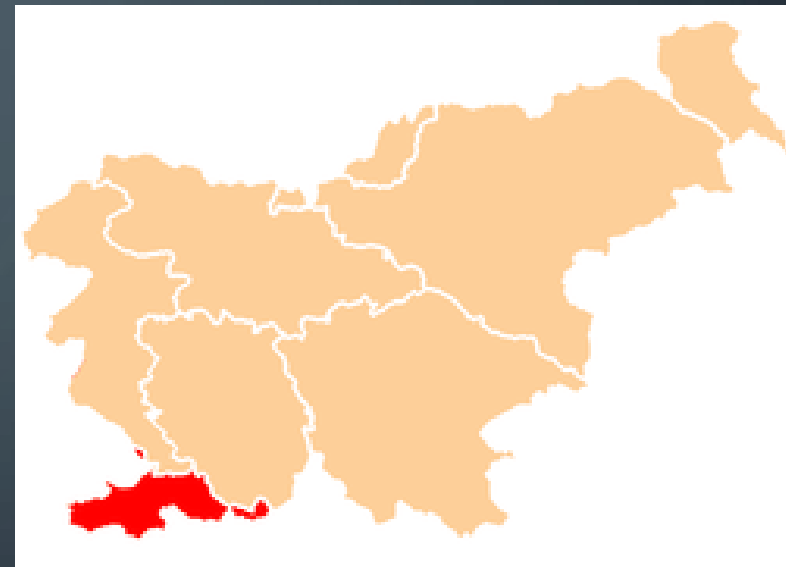
Fig loaf, Slovenia



Fig loaf, Istra Slovenia

Figs are typical fruit of Slovenian Istra.

Istrian people consumed them fresh, but they also conserved them until the next season by drying them.



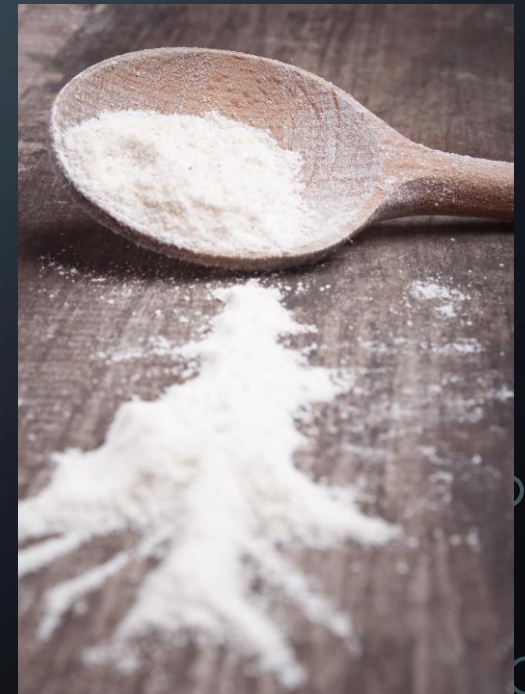
Ingredients

A simple activity to make fig loaf from figs.
It will take you only an hour.



Equipment:
large saucepan, sharp knife
and cutting desk or meat cutter.

Dry figs
Raisines or fresh grape
White flour



Step 1:

Wash your hands.

In this recipe you will use your hands, so wash them properly.



Step 2:

If you have raisins, put them in warm water for few hours.

If you have fresh grape – squeeze the grapes with your hands.

You can also use a grape juice.



Step 3:

Cut the dry figs or use the meat cutter to grind them properly to get a homogeneous mass.



Step 4:

Mix the fig mass with the grapes or grape juice.



Step 5:

Shape the material in a form of small loafs or balls.



Step 5:

Roll the loafs in a flour gently and put them on the fig leaves, covered with laurel leaves and dry them on the sun for a week.



Step 6:

We cut fig bread on tiny slices which could serve instead of energy bars, but typically they are served together with Slovenian pršut (prosciutto) and cheese.

