

Italian Fig Cookies I

Oscar · 28/09/2024

**Prep Time**

N/A

Difficult

Medium

Servings

N/A

Description

This recipe for Italian fig cookies has been handed down through my mothers family for years My grandmother brought it with her from Italy in the early 1900s My mom taught me the recipe this year Now I am the designated person in our family to make the Fig Cookies This is a very high honor So they must be as good as my Grandmothers cookies Some call them Homemade Fig Newtons They are a tradition at Christmas and are wonderful with a hot cup of coffee They are lot of work I make them in stages First the dough then a few days later the figs and finally I will make the cookies The dough and the figs keep well in the refrigerator and the cookies freeze very well

Ingredients

- - 2 cups shortening - 3 cups white sugar - 6 eggs - 8 cups all-purpose flour - 7 teaspoons baking powder - 2 tablespoons vanilla extract - 1 pinch salt - 2 cups whole milk - 4 pounds dried figs - 1 pound raisins - 2 teaspoons ground cinnamon - ½ cup white sugar - 1 whole orange
- with peel - 1 small apple - 1 ½ cups chopped pecans - 1 cup water (Optional)

Instructions

1. To Make Dough: Cream sugar and shortening. Add eggs
2. vanilla
3. and salt. Blend in flour and baking powder by hand. Knead dough until smooth and workable. Add milk to reach workable consistency. (This takes a while and you will get a workout
4. but you'll know when it's right.) To Make Filling: Cut up figs
5. orange
6. and apple into small pieces. (It is easier to grind this way). Grind figs
7. raisins
8. orange
9. and apple. If the mixture is too dry or thick
10. mix in up to 1 cup of water
11. if desired. (I do not use the water
12. the juice from the apple and orange are enough). The spices and chopped nuts are added to the ground fig mixture. After the fig mixture is ground
13. I sprinkle them in over the mixture and mix (knead) it in by hand. STICKY! But good. Preheat oven to 375 degrees F (190 degrees C). Roll out some dough. (should be kind of thin). Put fig mixture in a line. Wrap dough over mixture
14. sealing figs inside dough. Trim to desired length
15. using a diagonal cut. Make small diagonal slits in the sides of the cookies. Bake on ungreased cookie sheet for 10-15 minutes. (Dough makes good cookies without the filling also). Wonderful with coffee.