

# THE MEXICAN VEGETARIAN COOKBOOK



PHAIDON

FRESH FIG CAKE



## **FIG CAKE**

**REGION: ALL MEXICO**  
**PREPARATION TIME: 20 MINUTES,**  
**PLUS 5 HOURS CHILLING**  
**SERVES: 6**

4½ lb/2 kg ripe but firm, fresh figs  
⅓ cup (2¾ oz/75 g) vanilla sugar  
1 cup (9 fl oz/250 ml) whipping cream, plus extra to serve  
7–8 individual meringues  
½ cup (4 fl oz/120 ml) cognac or brandy (optional)





## FIG CAKE

Peel the figs carefully, from the stem end downwards, then cut in half lengthwise.

Line a fluted ring mold with plastic wrap (clingfilm) and arrange the figs cut side down, layering them with the vanilla sugar and pressing them a little with your fingers and the palm of your hand. Continue until you have used up all the figs and sugar, and the layers reach  $\frac{3}{4}$  inch (2 cm) below the top rim of the mold.

Refrigerate for at least 4 hours or overnight with something heavy on top of the figs to keep them compressed, such as food cans.

A couple of hours before serving, whisk the whipping cream to firm peaks. Spread the cream over the figs, cover with plastic wrap and return to the refrigerator to set.





## FIG CAKE

Immediately before serving, remove the mold from the refrigerator and peel back the plastic wrap. Press the peaks of the meringues into the cream, so their flat bases are level with the surface of the cream, spacing them evenly around the ring mold. Flip the mold upside down onto a round serving platter. Using the plastic wrap lining to help you, lift off the ring mold.

If you like, heat the cognac or brandy carefully in a metal ladle over a direct flame and, using a long match, ignite and very carefully pour over the figs. Let the flames subside before serving, with whipped cream.

