



SOURDOUGH FIG NEWTONS

(LONG FERMENTED)

Sourdough Fig Newton Dough

Ingredients:

- 200g active sourdough starter (100% hydration)
- 200g all-purpose flour
- 100g whole wheat flour
- 150g brown sugar
- 100g butter, softened
- 1 large egg
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp baking soda

Instructions:

1. Day 1- Mix the dough: Cream butter and brown sugar. Add egg, vanilla, and sourdough starter. Mix in flours, salt, cinnamon, and baking soda until just combined. The dough will be soft.
2. Long fermentation: Dump out onto plastic wrap. Wrap tightly and refrigerate for 12-24 hours.

Fig Filling

Ingredients:

- 500g dried figs, stems removed and chopped
- 1/2 cup water or prune juice
- 2 tbsp honey
- 1 tbsp lemon juice
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon
- Pinch of salt

Instructions:

1. Make filling: Combine all ingredients in a saucepan. Simmer 10-15 minutes until figs are soft and liquid is absorbed.
2. Puree: Blend until smooth or leave slightly chunky for texture. Cool completely.

Assembly & Baking

Instructions:

1. Prep: Preheat oven to 350°F (175°C). Line 13×9 pan with parchment paper.
2. Roll bottom layer: On floured surface, roll half the chilled dough into a rectangle slightly larger than your pan. Transfer to pan and press into corners. You can alternately use two pieces of parchment to roll the dough out
3. Add filling: Spread fig filling evenly over dough, leaving 1/8 inch border.
4. Top layer: Roll remaining dough and carefully place over filling. Seal edges by going along the edges, pulling the parchment away from the side and laying over the top dough. Taking your finger and rubbing and pressing the side together.
5. Score: Cut shallow decorative lines on top (like traditional fig newtons) to prevent cracking.
6. Bake: 20-25 minutes until golden brown. The top should spring back lightly when touched.
7. Cool: Let cool completely in pan before cutting into bars.