

Easy Turkish Fig Dessert

By [Elizabeth Taviloglu](#)



Sweet, syrupy Turkish fig dessert is filled with walnuts and topped with 'kaymak,' the Turkish version of dotted cream

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Have you been searching for healthier dessert recipes for your family? If you want a rich, exotic dessert that's better for you than the usual chocolate, cakes, cookies and pies, try this recipe for Turkish fig dessert, better known as *incir tatlısı* (in-JEER' TAHT-luh-suh').

You may already know [Turkish desserts](#)¹ like [baklava](#)² for their uber-sweetness, but did you know that many of these classic desserts are actually good for you? Turkish cooks have used natural, unprocessed ingredients and local fruits like the [quince](#)³, [dates](#)⁴ and [figs](#)⁵ in their desserts for centuries.

İncir tatlısı is said to have been a favorite of the [sultans](#)⁶ in the [Ottoman palace](#)⁷ kitchens in Istanbul, where only the roundest, plumpest, highest quality dried figs were chosen. The recipe for *incir tatlısı* hasn't changed much since then.

Today, it's enjoyed in nearly every household as well as in the finest restaurants serving Turkish fare. You'll also find it served often during the holy month of Ramadan at the *iftar* table.

İncir tatlısı, despite being a very traditional dessert recipe, is also one of the most popular. That's because it uses only a few, easy-to-find ingredients such as dried figs and sugar. It's easy to make and takes only a few minutes to prepare.

Serve *incir tatlısı* on a decorative dessert plates and you can make it fancy enough for company. Your family will love the sweet, soft, syrupy figs and the crunchy walnuts. With a dolop of Turkish clotted cream, called *kaymak* (kai-MAHK), on top, you're in for a rich and exotic treat.

Prep Time: 30 minutes

Cook Time: 30 minutes

Total Time: 1 hour

Yield: 4 servings

Ingredients:

- 12 dried figs
- 2 cups sugar
- 1 1/2 cups warm water
- 2 cinnamon sticks
- 12 to 15 walnut halves
- scant pinch of salt
- 1/4 cup chopped walnuts for garnish
- Turkish *kaymak*, or clotted cream for garnish

Preparation:

1. Remove any hard portions of the dried figs. With the stem on the top, cut each one in half through the center without completely separating the halves. Set them side by side in a shallow pan.
2. Fill the pan with warm water to cover the figs. Let them soak for about 30 minutes.
3. Remove them from the water and remove the water from the pan and set it aside. Break the walnut halves into large pieces. Fill the center of each fig with walnut pieces and close them. Place them back in the pan side by side in the bottom of a shallow pan.
4. Pour the sugar evenly over the figs in the bottom of the pan. Add the cinnamon sticks, water and scant pinch of salt. Turn the heat on high and bring the liquid to a boil.
5. Cover the pan, reduce the heat and let the figs boil very gently for about 25 to 30 minutes, or until the water turns into a dark, thick syrup. Turn off the heat and let the figs cool in the pan.
6. Let the figs rest at room temperature until you're ready to serve them. Place three figs on each serving plate. Spoon some of the leftover syrup over each portion. Garnish the top with chopped walnuts and a dolop of Turkish clotted cream, called *kaymak* (kai-MAHK), or a scoop of vanilla ice cream.

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