
Southern Fig Preserves

Prep: 15 mins

Cook: 3 hrs

Stand Time: 12 hrs

Total: 15 hrs 15 mins

Servings: 36 servings

Nutrition Facts (per serving)

362

Calories

0g

Fat

94g

Carbs

1g

Protein

(Nutrition information is calculated using an ingredient database and should be considered an estimate.)

207 RATINGS

Figs have two short harvest seasons every year, once in early summer and once in the fall, so it's tempting to stock up, meaning you may end up with more [figs](#) than you know what to do with. One great way to [use up figs](#)—and enjoy them while they're not in season—is to turn them into preserves.

This old-fashioned recipe for fig preserves includes just 3 ingredients: figs, sugar, and lemon. Figs have a natural, honey-like sweetness, so lemon adds a nice bit of acidity and brightness. The ripe fruit is cooked down slowly with a generous amount of sugar and some lemon slices, resulting in a delicious spread perfect on a biscuit or as part of a cheese platter.

Ingredients

- 6 pounds fresh figs, peeled or unpeeled (approximately 18 cups)
- 6 pounds granulated sugar (approximately 13 cups)
- 3 lemons, very thinly sliced, seeds removed

Steps to Make It

- 01 Gather the ingredients.
- 02 Wash, dry, and stem the figs.
- 03 Put the figs in large stainless steel or enamel-lined stockpot or Dutch oven. Pour the sugar over the figs and let sit overnight.
- 04 Place the pot over medium heat and cook the fig and sugar mixture until the sugar is completely dissolved, stirring constantly.
- 05 Reduce the heat to low and add the lemon slices. Cover and cook, occasionally stirring to prevent sticking, for 2 to 3 hours, until the figs are transparent and the syrup is thick. If possible, use a candy or deep-fry thermometer—look for a jelling point of 220 F to 225 F.
- 06 Meanwhile, [prepare the jars and boiling water bath for canning](#). Sterilize the jars and lids.
- 07 Fill a large canning kettle with water and bring to a boil.
- 08 Pour the hot preserves into the hot sterilized jars, leaving 1/4-inch headspace. Wipe the rims and place the lids and rings on the jars.
- 09 Place the jars on the rack in the boiling water canner. If needed, add more hot water to bring it to a depth of 1 inch above the tops of the jars. Bring the water back to a gentle boil and continue boiling for 10 minutes (or 15 minutes if your altitude is above 6000 feet).
- 10 Using jar lifters or heat-proof rubber-tipped tongs, remove the processed jars to a rack and let them cool. Check to make sure they are sealed.
- 11 Store in a cool, dark place until ready to enjoy.

Tips

- If your fig variety is very sweet, you can use less sugar.
- Plan ahead since the sugar-coated figs sit overnight before cooking.
- If you don't want to [can your preserves](#), skip sterilizing the jars and place the jars of preserves in the fridge instead of processing, using within 3 weeks.
- If you want to freeze some preserves, leave at least an inch of space at the top of the jar.
- If any jar does not seal, refrigerate and use right away or freeze the jam in a freezer container.
- This recipe makes a large quantity, so you can cut in half or even by one-third.

Recipe Tags:

Sauce

Breakfast

Southern

Summer
