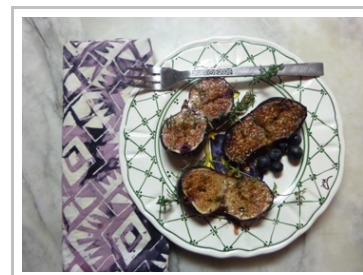


# Figs baked with Olive Oil, Balsamic Vinegar and Fresh Thyme

## Ingredients

- 1 pound fresh figs, stemmed and cut in half lengthwise
- 1 teaspoon fresh thyme, finely chopped
- 1/8 teaspoon sea salt
- freshly ground black pepper
- 2 teaspoons balsamic vinegar
- 1 1/2 Tablespoons extra-virgin olive oil



## Method

1. Place an oven rack in the upper position and preheat the oven to 450 degrees.
2. Place figs, flesh side up, on an aluminum-foil lined sheet pan.
3. Sprinkle the thyme, salt and a few grinds of pepper over the figs.
4. Drizzle the vinegar and olive oil over the figs.
5. Place in the oven and bake for 12 to 14 minutes, until the figs start to puff up and the balsamic vinegar thickens.
6. Let cool slightly before eating.

## Notes



This is a simple recipe and best to keep it so. Black figs (most available are Black mission figs) are slightly firm, delicious and beautiful but any figs you have at hand will be good.

If you tire of its simplicity, a sprinkle of toasted walnuts added after baking the figs

would be a nice crunch contrast. I imagine a small pool of coconut yogurt would make a soft landing for the figs and lend a tartness against the natural sweetness of the figs.

The syrup formed by the melding of fig juice, oil and balsamic vinegar is not to be missed. Be sure to spoon some of the slightly cooled syrup from the pan into yogurt or onto the baked figs on your plate.

Leftovers (hah!) would be fabulous in morning porridge or nibbled with crackers and cheese (vegan, cow or sheep).

Wow...thats a lot to say about a simple recipe!

Source: modified from <https://chefnathanlyon.wordpress.com/2014/09/10/balsamic-roasted-figs-with-fresh-thyme/> (4 servings)

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