

Barbequed Figs with cream or ice cream and mint leaves

As seen in the
Lockdown BBQ Live stream!



Ingredients

(Serves 4)

8 figs (2 per person)

1 tbsp olive oil

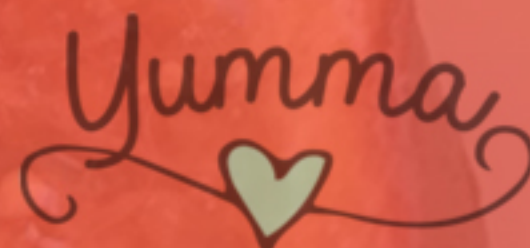
2 tbsp balsamic vinegar

2 tbsp sugar

4 tbsp runny honey

One sprig of fresh mint (thinly sliced, to serve with)

Vanilla ice cream or whipped double cream (to serve with)



DREAM FOOD

Method

Stem the top points of the figs and halve them lengthwise.

Set the figs cut side down on a wooden board and brush the rounded side with the oil. Flip over and brush the cut sides of the figs with the balsamic vinegar.

Sprinkle the sugar on top.



DREAM FOOD

Using a mesh sheet suitable for a BBQ, or something similar, set the figs on the BBQ, cut side facing up.

Cook for about 5-8 minutes, until the sugary tops start to bubble and brown and the bottoms of the figs get light grill marks (without burning).

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Serve immediately with ice cream or whipped double cream, drizzled with honey and sprinkled with sliced fresh mint.

