

# Marinated Figs

Ingredients required for 4 persons

**Preparation time** 35 minutes

**Difficulty** easy

## Ingredients

6 EL	apple orange balsamic vinegar
2 TL	pumpkin seed oil virgin
1 EL	coconut oil
2	fresh figs
40 g	cane sugar
4 Scheiben	Parma ham
20 g	parmesan cheese



## Preparation

Cut the figs in half with a sharp knife. Pour apple orange balsamic vinegar in a flat bowl and place the figs in the vinegar with the open side downward for 30 minutes. Sprinkle cane sugar or coconut flower sugar on a flat plate. Remove the figs from the vinegar, let drip and dip the open side in the sugar. Heat coconut oil in a pan and caramelize the figs over moderate heat. Deglaze with the vinegar from the bowl.

Cut thin slices of parmesan using a cheese slicer or peeler and drape on plates with the Parma ham. Place the figs on ham and cheese and drizzle over with pumpkin seed oil.