

Equipment:	Ingredients
Frying pan Stirrers - wooden spoons or spatulas Stove top Serving dishes Teaspoons	¼ cup olive oil 1 large red onion, chopped 2 cups chopped fresh ripe figs ¼ cup aged balsamic vinegar 2 tablespoons white sugar, or to taste

Method:

Remember to clean up your workstation as you go

1. Heat half a teaspoon of water in a frying pan on a medium heat. Watch the pan, and when the water has completely evaporated and the pan is absolutely dry, add the olive oil.
2. Add the onion to the oil, and stir, using two stirrers and the Chicken Wings rule.
3. Continue stirring until onion is softened and caramel-colored.
4. Add the chopped figs; cook and stir until figs begin to lose their shape and have softened into onion, about 10 minutes.
5. Pour balsamic vinegar and the honey into fig-onion mixture; cook, stirring and fanning all the time until it is about as thick as you think it should be.
6. Serve warm or chilled.