



CHEAT SHEET

Homemade Mayonnaise

Most store-bought mayo, even the all-natural stuff, has a base of refined, GMO soybean oil – yuck! But it's not too difficult to make clean mayonnaise at home and the flavor is wonderful. The obvious choice for a base oil would seem to be extra virgin olive, but the flavor is way too heavy and it actually tastes pretty terrible (yes, I know this from experience and you can take my word on it!) You need a healthy, high quality oil with a very mild flavor. My favorite choice is cold pressed macadamia oil, alone or in combination with extra virgin coconut oil, cold-pressed avocado oil or a SMALL amount of extra virgin olive oil (see TIPS at the end). Clean, plain mayonnaise is an excellent starter for multiple different dressings for plainly prepared foods, such as grilled or roasted meats, seafood and steamed veggies. It also makes a great accompaniment to cold leftover meats, fish or boiled eggs.

INGREDIENTS

- 1 free range egg*
- 2 teaspoons Dijon mustard, divided
- ½ teaspoon sea salt
- 2 tablespoons raw apple cider vinegar, divided**
- 1 cup cold-pressed macadamia nut oil***, in a measuring cup with a spout

INSTRUCTIONS

For best results, remove the egg from the fridge and place it in a bowl of warm water for 10 minutes to take the chill off before using.

Crack the egg into a food processor and add 1 teaspoon of the Dijon and the salt. Process briefly to combine.

Add 1 tablespoon of apple cider vinegar, 1 tablespoon of mac nut oil and process to mix well.

With the motor running, slowly and steadily pour the remaining oil into the feeder tube of the food processor in the thinnest stream you can manage. Take. Your. Time. This is key to getting the emulsion to take –if you pour it in too fast it will separate. You should see the mixture turning into a thick cream by about the halfway mark. Keep the stream thin, but once it starts to emulsify you can add the oil a little bit faster.

Once all the oil is incorporated and your mayo has thickened, add the remaining teaspoon of Dijon and tablespoon of cider vinegar and process briefly to incorporate.

Store in a glass jar in the refrigerator. The mayo has about the same shelf life as your egg.

Yield: a little over 1 cup

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CHEAT SHEET

Mayo, cont'd.

TIPS

*Obviously there is a salmonella risk associated with the use of raw eggs. Using ultra-fresh, free-range eggs from an organic farm will greatly reduce the risk. Plus a clean egg will yield a better-tasting, more nutrient-rich mayo.

** You can also use fresh-squeezed lemon juice in place of the cider vinegar for a lemony flavor, but make sure it's room temp as well.

***Macadamia oil yields a slightly looser mayo than the other oils. For a thicker mayonnaise with a light coconutty taste, substitute 1/3 of the mac nut oil for 1/3 cup of melted coconut oil (at room temp or just over – not hot!). You can also swap out 2-4 tablespoons of mac nut oil for extra virgin olive oil if you love the EVOO flavor and want an added dose of polyphenols for an antioxidant boost.

VARIATIONS

For different flavor twists, stir in to finished mayo:

- About 3 tablespoons of finely diced fresh herbs
- 1-3 teaspoons hot chilies or other pungents like minced garlic or shallot
- 1-3 teaspoons sour condiments like minced capers or pickles.
- 1-3 teaspoons minced sundried tomatoes
- 1-2 tablespoons fresh pesto (excellent with plain fish or chicken) or tomato paste (try adding Italian or Mexican spices to your tomato mayo "sauce" to instantly dress up plain grilled proteins)
- 1-3 teaspoons minced sundried tomatoes



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