

Homemade Mayonnaise

Mayonnaise is very easy to make. It is a simple combination of a healthy home raised egg and a cup of healthy oil that is emulsified and seasoned with salt, white pepper, a dash of ground mustard powder and a sprinkle of lemon juice. You can season it to your taste and preference.

Ingredients

- 1 cup light olive oil
- 2 large raw or pasteurized eggs, room temperature
- 1 tbs lemon juice
- 1 tsp cane sugar
- 1/2 tsp salt
- 1/4 tsp pepper (optional)
- 2 tsp dijon mustard (optional; if you use, change lemon juice or ACV to 2 tsp)

Directions

Place the eggs, vinegar, salt, mustard, and sugar in a blender. Turn the blender on and slowly pour the oil in. Blend until mixture thickens. Taste and adjust seasonings if necessary. Spoon into a storage container and store in the refrigerator for about 1 week.

Mayonnaise Tips

- **** Use a stick (emulsion) blender (but a blender or food processor works just as well. If you have the arm strength a nice cold bowl and a wire whisk will work, too.)
- **** Use ROOM temperature egg(s) – and a room temperature bowl.
- **** Slowly drizzle the oil as you blend – that will make it less likely to fail. Most recipes call for the egg to be drizzled slowly with the oil as it is being beaten to make a great emulsification. It takes more than a few minutes to make the mayo in this manner. If you use a stick blender add the egg and oil to a deep container and you can whip it up in under 2 minutes.
- **** IF IT FAILS – Start with a new egg in a new, clean bowl. Pour the "failed" mixture in slowly.
- **** Some mayonnaises are much more yellow from using 2 or 3 egg yolks in place of a whole egg.
- **** Because mayonnaise contains raw eggs, it's important to source ones that are high quality. Look for locally sourced, organic, pasture raised eggs.
- **** Original recipes called for salad (seed) oils. But olive, coconut & avocado oils have less LA's and are MUCH healthier. When you make mayonnaise with robust, spicy, extra virgin olive oil, the mayonnaise flavor can become too strong—almost bitter. You *can* still use olive oil, but find a brand that's light and fruity. Or cut it with half of a milder oil. Coconut oil mayonnaise can solidify in the refrigerator. Cold pressed virgin avocado oil has a very mild flavor, and contains high levels of healthy monounsaturated fat, and won't solidify.
- **** You can experiment with adding some Dijon mustard, honey and garlic to the olive oil mayo.
- **** Put it in a jar; it will keep in the fridge for a while.
- **** Lemon juice (or ACV) helps keep the mayo from “weeping” or separating.

Simple Tartar Sauce

- 1 cup mayonnaise
- 1 cup chopped dill pickles
- ½ to 1 cup finely chopped onion
- 1 Tbs dill (fresh or frozen) or 1 Tbs chopped fresh parsley (dried parsley is almost tasteless)
- 1 tsp lemon juice
- 1 tsp sugar
- dash pepper (adds a bit more tanginess)
- pinch of horseradish or wasabi

In a small bowl, combine all ingredients. Cover and refrigerate for at least 2 hours before serving. It will last a week in the fridge, in a tightly sealed jar.

Mayonnaise Based Dips & Sauces

1. A basic mayo dip uses homemade mayo with a tad of salt, pepper, some paprika, and lemon.
2. For a cooked veggie dip or for fish- add extra lemon and dill pickles.
3. For cocktail sauce- add some catsup (or tomato paste if you don't want it as sweet) and Tabasco to taste----shrimp is *soooo* good with this sauce.
4. As a fresh creamy homemade Italian style salad dressing- mix a some mayo recipe with fresh herbs: Put 3/4 cup oil and some vinegar in a jar, use an immersion blender, season and voila. You can add just enough water to make a more pourable salad dressing if necessary.

Fresh Mayonnaise Salad Dressing

Ingredients

1 large egg yolk, or the whole egg
1 cup olive oil
1 tbs white wine vinegar
½ tsp salt
½ tsp mustard powder
2 pinches sugar
2 tsp lemon juice

At first add only the egg, salt, mustard powder, sugar and half of the lemon juice and vinegar. Slowly drizzle in the oil while mixing. When half of the oil has been added and it is looking like mayonnaise then add the other half of the lemon juice and vinegar and continue drizzling in oil while blending, until done.

Homemade Miracle Whip Recipe

Ingredients

- * 2 egg yolks
- * ½ teaspoon salt
- * 1 tablespoon powdered sugar
- * 3 tablespoons lemon juice or vinegar
- * 1 ½ cups oil
- * 1 ½ tablespoons flour or cornstarch
- * 1 teaspoon dry mustard
- * ½ cup boiling water
- * 2 tablespoons vinegar
- * salt

Directions

1. Blend egg yolks, salt, sugar and 1 tablespoons of the lemon juice.
2. Slowly pour in 1 cup oil, a few drops at a time, blending thoroughly.
3. Add remaining ½ cup oil a little faster, carefully blending in each bit before adding the remaining 2 tbs lemon juice.
4. Mix the flour, mustard, boiling water and vinegar together until smooth.
5. Pour into a small saucepan and cook until smooth and paste-like (but not too thick).
6. Slowly add this hot mixture to the mayonnaise and blend well.
7. Pour in a container and cool in the refrigerator.