

HEALTHY MAYONNAISE

Homemade mayonnaise is a great answer to one of the most challenging ingredients. Most mayonnaise contains unhealthy, genetically-modified industrial oils like canola or soybean. While organic mayonnaise can provide a better quality of canola or soybean oil, it's still an omega-6 fat. These recipes are very simple, much less expensive and taste a lot better! You have two recipes below – the one with apple cider vinegar is less tangy and more like Hellman's. The one with lemon juice is tangier and similar to Miracle Whip (great for No Potato Salad, coleslaw, egg salad, etc). Both are great! An immersion blender makes the process much easier, however, options include using a hand mixer or hand whisking. One serving is 1-1/4 to 1-1/2 Tbsp and covers your fat for one meal.



INGREDIENTS

- 1 large pastured egg (must be at room temperature)
- 1 tsp Dijon mustard
- 2 tsp apple cider vinegar
- 1/4-1/2 tsp Pink Himalayan sea salt (start with 1/4 tsp, then taste)
- 1 cup avocado oil

INSTRUCTIONS - USING AN IMMERSION BLENDER*

Gently crack the egg into the bottom of a tall, wide mouth glass jar (like a mason jar). Do not use a bowl. Then add the Dijon mustard, vinegar and salt on top of the egg, trying to keep the egg intact. Do not stir.

Pour the oil gently on top of the mixture without stirring. Gently submerge the immersion blender into the bottom of the jar right where the egg is. Blend on low for 20 seconds without moving, until most of the jar has turned

white. Then slowly move the blender upward, without lifting it into the air and out of the mixture. Once you reach the top, slowly move back down to the bottom, going up and down a few times, until the mayonnaise forms. You can store the finished product in the refrigerator right in the same jar for two weeks using high-quality pastured eggs.

TROUBLESHOOTING (if too thin or if oil separates)

If your mayo is too thin, there are a couple of fixes...

- 1) Add an extra egg yolk – place the yolk in a separate small bowl and add 1/4 tsp of the thin mayo at a time until it is nicely thickened, then add it to your thin mayo, and blend again.
- 2) Add 1 Tablespoon of boiling water to “cook” the egg and thicken

USING A HAND MIXER OR WHISK

This option requires a little more patience (and muscle, if whisking), but is still easy and quick. The hand mixer always works perfect for me. The key to incorporating the oil and not making a separated mess is pouring the oil VERY slowly while constantly whisking or mixing. Do not rush this process! You will need to stabilize your bowl.

INGREDIENTS

2 large pastured egg yolks (room temperature)
4 tsp fresh lemon juice (can sub 2 tsp apple cider vinegar for less tang)
1 tsp Dijon mustard
1/4-1/2 tsp Himalayan sea salt, to taste (start with 1/4 tsp, then taste)
1 cup avocado oil

INSTRUCTIONS

In a medium bowl, add and completely combine the egg yolks, lemon juice, Dijon mustard and sea salt until creamy.

Whisking constantly, add 1 cup of oil, drop by drop at first. Then add a 1/4 tsp at a time as the mixture emulsifies and thickens. Then you can pour it in a thin, steady stream. (TIP: hold the mixer at an angle and pour the oil into the beaters.) If you add the oil too quickly, the mayo will break, separating with the oil. Mix or whisk until all the oil is incorporated and the mayo is stiff and holds its shape. Taste and adjust any salt needed. Store in the refrigerator up to two weeks if using high-quality pastured eggs.

If your mayo “breaks,” meaning the oil separates, follow the troubleshooting tip #1 above. Extra Dijon helps emulsify, too, as does the extra egg yolk.

* You can make the 1st recipe using a mixer – just follow the instructions for the 2nd recipe.