

Fresh Homemade Mayonnaise



TIPS: Mayonnaise is essentially whipped oil with added flavor. Although commercially available mayonnaises use a list of ingredients, some not whole, as shown below,...

MAYONNAISE INGREDIENTS:

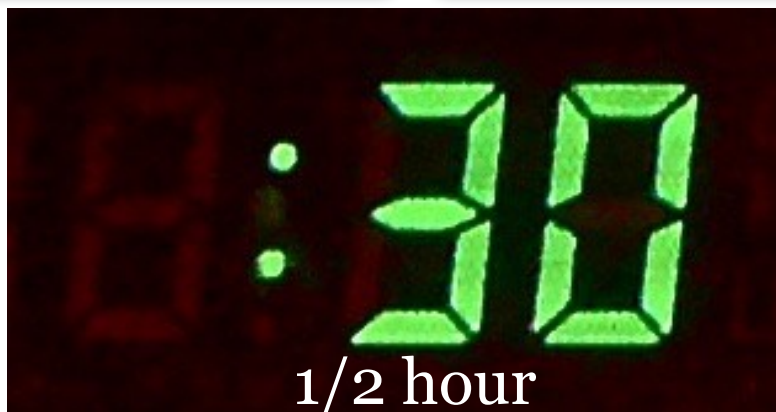
Filtered water, vinegar, modified potato starch, pasteurized egg white (egg), extra virgin olive oil, potassium chloride, onion*, mustard sauce Mrs Taste, garlic*, flavors, xanthan gum, potassium sorbate and sodium benzoate (as preservatives), citric acid, sucralose. *Dried

INGREDIENTS: SOYBEAN OIL, WATER, WHOLE EGGS AND EGG YOLKS, DISTILLED VINEGAR, SALT, SUGAR, LEMON JUICE CONCENTRATE, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), NATURAL FLAVORS.

Ingredients: Organic Sunflower Oil, Organic Certified Humane Free Range Egg Yolks, Water, Organic Distilled Vinegar, Salt, Fair Trade Organic Cane Sugar, Organic Lemon Juice. **CONTAINS EGG**

...homemade mayonnaise is made only with whole ingredients (nothing fake): neutral-flavored oil, whole eggs, mustard, salt and lemon juice - plus any ingredients you want to use to suit your taste. At the same time, homemade mayonnaise is also incredibly easy to make, though you do have to make sure to:

1. Use an **electric mixer**: hand mixer, food processor, stick mixer. I prefer using an electric hand mixer for both its ease of use and quick, easy cleanup.
2. Use **room temperature ingredients**, specifically, a room temperature egg and lemon, to ensure the ingredients stay together and don't "break" (separate) from each other. To warm a refrigerated egg and lemon to room temperature, either let them sit out on a counter for a few hours or, to speed up warming, put a cold egg and lemon in bowl or a container, cover them with warm tap water and let them sit for about 1/2 hour, as shown below.



3. Use a **flavor-neutral oil**, like vegetable oil or avocado oil, to prevent the flavor of the oil from overpowering the delicate flavor of the mayonnaise.
4. **Add oil slowly to the mayonnaise mixture** to prevent the oil from “breaking” from the rest of the ingredients.

Preparation Time: 15-20 minutes

Ingredients

1-1/4 cup neutral flavored oil

1 egg (room temperature)

1 teaspoon mustard (or more to taste and preferably Dijon mustard)

1/2 teaspoon salt

1 Lemon (room temperature)

Ground Black Pepper (optional)

Other Seasonings (optional - I'm using "Citrusy Garlic" as an example)



Equipment

Electric Mixer (hand mixer, food processor or electric mixing stick)

Mixing Bowl or Large Measuring Cup (I prefer a large measure cup vertical sides to contain splatter)

Measuring Cup

Teaspoon

Small Cutting Board

Sharp Knife

Spatula (or table knife to transfer the finished mayonnaise in a storage container)

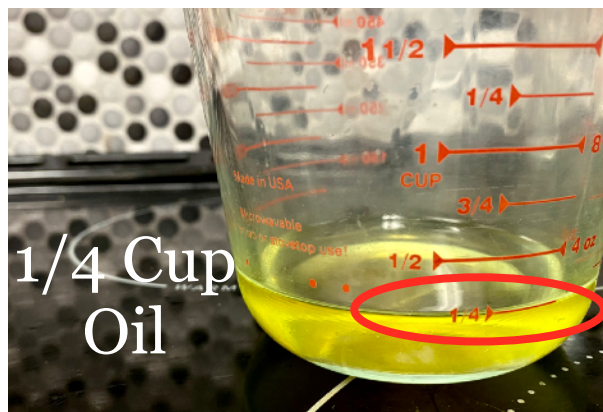
Container with Lid (to store finished mayonnaise)



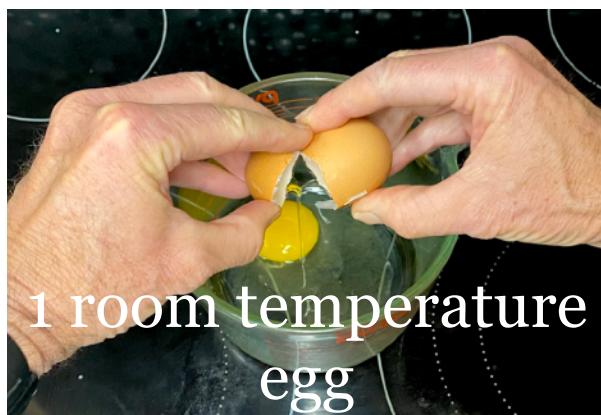
1. Juice **1 lemon.**



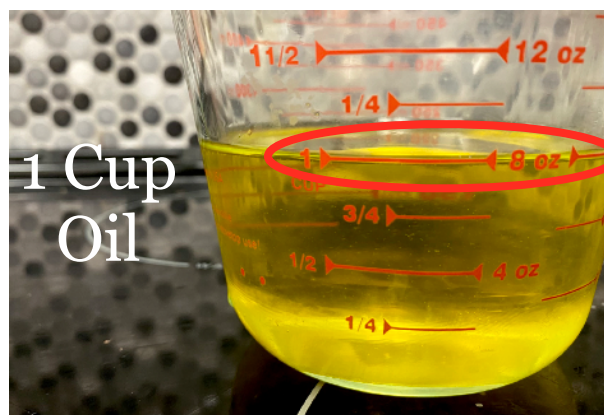
2. Measure **1/4 cup (2 ounces) oil.**



3. Add the following to a mixing bowl (or large measuring cup): **1 room temperature egg, 1/2 teaspoon salt, 1 teaspoon mustard and 1/4 cup oil.**



4. Measure **1 cup (8 ounces) oil.**



5. Mix at medium speed (if that's an option) for about 30 seconds until **all the ingredients** are well mixed together, as shown in the picture on the right below. Then...



...keep mixing and slowly “drizzle” (pour in a thin stream) in the **1 cup of oil** until the **mayonnaise** thickens and what you have looks...



...about like this.



6. Mix in the **lemon juice** from step 1, taste the **mayonnaise** and...



...adjust the flavor to your taste. As shown below, I'm adding a good crunch of **ground black pepper** and...



Ground black pepper



...a **citrusy garlic spice mix**.



7. Finish by gently mixing any **added ingredients** into the **fresh mayonnaise**,

refining the flavor to suit your taste and then...



...pouring the **finished fresh mayonnaise** into a container and refrigerating.

