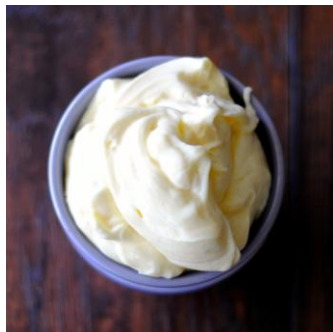




Mayonnaise



Ingredients:

- 2 egg yokes
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp powdered mustard
- $\frac{1}{8}$ tsp sugar
- pinch cayenne pepper
- 4-5 tsp lemon juice or white vinegar
- 1 $\frac{1}{2}$ cups olive oil or other salad oil
- 4 tsp hot water

Method:

1. Beat yokes, salt, powdered mustard pepper and 3 tsp lemon juice in a blender cup or work bowl of a food processor fitted with a metal blade.
2. Pulse 15 seconds, low speed.
3. Now with motor at moderately high speed, slowly drizzle $\frac{1}{4}$ -cup oil. As mixture begins to thicken, continue adding oil in a fine steady stream, alternating between remaining lemon juice and hot water.

Or

Ingredients:

- 1 whole egg
- $\frac{1}{2}$ tbsp lemon juice
- 1 tsp white wine vinegar
- $\frac{1}{4}$ tsp Dijon mustard
- $\frac{1}{4}$ tsp sea salt
- 1 cup avocado oil, or light-flavored olive oil

Method:

1. Add all of the ingredients (with the oil last) into the jar that came with your emersion blender
2. Give the ingredients a minute to settle, with the oil separating on top.
3. Place your stick blender in the jar and press it firmly to the bottom. Turn it on and keep it pressed against the bottom of the jar for at least 10-15 seconds. Once the mayonnaise starts to emulsify and thicken, slowly move the stick blender up and down to fully combine the ingredients.



4. Once it is all blended, remove the stick blender. Give it a few stirs with a spoon and place in a storage container in the refrigerator. It will stay fresh for up to one week.

Or

Ingredients:

- 1 large egg yolk, at room temperature
- 2 teaspoons lemon juice
- 1 teaspoon Dijon mustard
- $\frac{1}{4}$ teaspoon kosher salt
- 1 teaspoon cold water
- $\frac{3}{4}$ cup neutral oil such as safflower or canola

Method:

1. In a medium bowl, whisk together the egg yolk, lemon juice, mustard, salt and 1 teaspoon cold water until frothy.
2. Whisking constantly, slowly dribble in the oil until mayonnaise is thick and oil is incorporated.
3. When the mayonnaise emulsifies and starts to thicken, you can add the oil in a thin stream, instead of drop-by-drop.