

Homemade Mayonnaise

The base of mayonnaise is egg yolks, a great source of fat-soluble vitamins, arachidonic acid as well as protein and minerals like iron. Eggs from pastured chickens are the best. Mayonnaise is an emulsion where two liquids are forced together and hold in suspension. For mayonnaise the emulsifier is lecithin, the protein found in the egg yolks. Lecithin has the unique ability to combine with both oil and water. One large egg yolk can incorporate up to 7 oz of oil.

Ingredients:

1 Egg yolk
½ tsp mustard
Pinch of salt
½ cup extra virgin olive oil
1 Tbsp. lemon juice

Method of preparation:

- Gather all ingredients and hold at room temperature – this is important as it will emulsify easier
- In a bowl start to whip the egg yolk until frothy add the mustard and a pinch of salt
- Start to drizzle the oil in a very slowly and whip vigorously until all the oil is incorporated
- If it starts to get too thick add slowly lemon juice and continue adding the oil until you achieve the correct consistency.
- Adjust the seasoning and refrigerate immediately
- You may ferment the mayonnaise by adding 1 Tbsp of whey and leave on the counter for 24 hours