

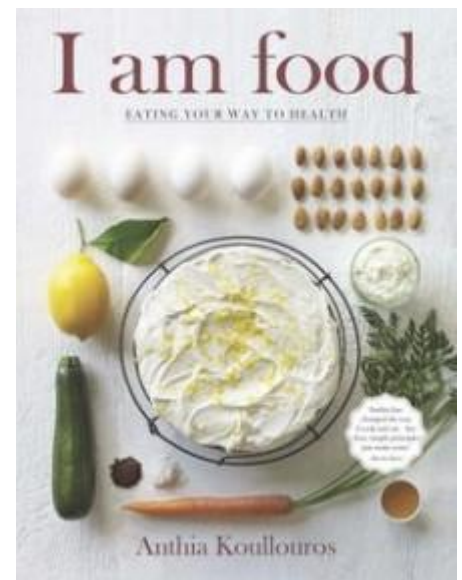
I Am Food: Eating Your Way to Health

Author: Anthia Koullouros

Mayonnaise

Free recipe from *I Am Food* by Anthia Koullouros, Mayonnaise, page 224.

Nothing beats the flavour of homemade mayonnaise, and the beauty is it's so simple to make, especially if you use a food processor. Choose a Dijon mustard that is made simply from mustard seeds, apple cider vinegar, natural salt and water.



Makes a bout 12/3 cups (420 m l)

PREP TIME: 10 minutes

2 large egg yolks
2 tablespoons apple cider vinegar
1 1/2 tablespoons Dijon mustard
380 ml extra virgin olive oil
1–2 tablespoons fresh lemon juice
1/2 teaspoon natural salt, or to taste

1. Process the egg yolks, vinegar and mustard in a food processor, then very slowly add the olive oil in a steady stream until the mixture becomes creamy. Add the lemon juice and salt, to taste. Store in the fridge in an airtight container for up to 1 week.

VARIATIONS

For a herb mayonnaise add a good handful of finely chopped fresh herbs, such as tarragon, flat-leaf parsley and thyme.

To make an aioli, add 1 clove of crushed garlic at the same time as the lemon juice.