

Homemade Mayonnaise

Makes 1 pint (2 cups)

by Dianna Kasprzak

I started making homemade mayo back in the late 1970's, when we lived in a country that did not have access to canned/packaged goods -- a good thing, as I learned so much about cooking from scratch! Over the years, I have tweaked my recipe here and there and this is the one that I love and have shared with many. Just remember to use a good oil (not canola, soy or corn). Enjoy!

Use home-grown, grass-fed and organic ingredients whenever possible.

Ingredients:

2 eggs, room temperature if possible – organic, free range – always use from a known source
3 TBSP raw coconut vinegar, raw apple cider vinegar, fresh lemon juice, or white wine vinegar (try making it with different vinegars and see what your favorite is!)

1 small garlic clove (approximately ½ tsp)

½ tsp dry mustard

1 tsp pink Himalayan salt

1 TBSP raw honey, locally sourced

(Optional: 2 TBSP whey, i.e., taken from yogurt, the yellowish liquid that separates on top)

1 ½ cups quality cold-pressed extra virgin olive oil or avocado oil (no corn, soy or canola)

Directions:

1. Put all ingredients in the first group in a blender jar. Add ¼ cup of the oil and start your blender. Tip: I never measure my oil! It's less messy to pour straight from the bottle. To do this, simply note the amount of ingredients in your blender, which will be approximately 1/2 cup. Drizzle in the oil until it reaches approximately the 2-cup mark. A little more, a little less oil -- no difference -- the end product will be marvelous!

2. Drip in the rest of the oil while blades are running, until dressing emulsifies (thickens and oil is incorporated into the other ingredients).

3. Pour into a Mason jar and cap tightly. Refrigerate immediately. Use within 1 month. Do not store in the door of the refrigerator, but on top shelf, towards back of fridge where it is coldest.

Fermented Version:

If whey has been used, leave on the counter for 8 hours (capped), then refrigerate.

Your mayo will be especially healthy and delicious. I doubt you will need to be concerned about storage – it will be used up before you know it!

How to use:

- As a spread on sandwiches
- To make chicken salad, tuna salad, egg salad sandwich spreads
- Make Curried Chicken Salad and serve on Romaine leaves
- In any recipe that calls for mayonnaise or salad dressing