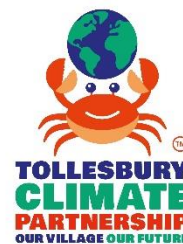


EASY HOME-MADE MAYONNAISE



This is a very easy recipe for home-made mayonnaise, which is much quicker than the traditional method and produces the same result. This makes around 300 ml of mayonnaise, slightly more if it is thinned down with a little water.

The ingredients for this recipe are available at the Fred's Stores, Morrisons and the Veg Van.

Ingredients:

1 free range egg – or 3 tbsp of the liquid aquafaba from a tin of chickpeas for a vegan version

1 tbsp white wine vinegar

Scant 1 tsp mustard – English mustard powder or, if this is too strong for you, made up Dijon mustard will work fine

200 ml sunflower oil

50 ml good-quality olive oil

Large pinch of salt

Optional – ½ tsp of spice such as cumin or paprika, or mixed herbs, or chopped garlic

Method:

Put all the ingredients in a measuring jug or blender beaker and allow the oil to rise to the top.



Using a stick blender, press the stick against the base of the jug or beaker and run it for 10 seconds. Then very slowly tilt the head of the blender stick and lift it very slowly up the side of the jug/beaker – this should take about 20 seconds and the oil and egg will emulsify with the mustard into a thick mayonnaise.

Add a little water if you want a thinner mixture.