

# MUMMY'S MAYONNAISE



## QUICK

10 mins prep

## HEALTHY

Many shop bought mayonnaise's contain sugar – this one doesn't

## FAMILY

Makes about 800g

## MEALS

Use for coleslaw, egg mayonnaise, coronation chicken etc..

## INGREDIENTS

- 500ml oil (I use rapeseed)
- 2 egg yolks at room temperature
- 1-2 tbs white wine vinegar
- Large pinch salt

### Optional

- 1 tbs mustard
- Minced garlic clove
- Crushed basil
- Truffle....
- whatever flavours you like in your mayonnaise

## METHOD

- 1) Separate your eggs
- 2) Add yolks to a bowl (narrow + tall if possible)
- 3) Using an electric whisk, SLOWLY SLOWLY drizzle the oil onto the yolks whilst mixing.
- 4) When it starts to thicken (form an emulsion) you can add oil a little faster.
- 5) When you've added approx. ½ the oil add 1 tbs vinegar to loosen it a bit
- 6) Slowly pour in the rest of the oil whilst mixing
- 7) TASTE – add more salt, vinegar to taste

If it hasn't thickened, pour it into a jar, add another egg yolk to your bowl and start again pouring the mixture from the jar in slowly...



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)