



Mayonnaise

Homemade mayonnaise beats the socks off the shop bought variety because you will not be adding any sugars. However, please remember to use this mayonnaise sparingly because of the fat content, you don't need much.

Ingredients

- 1 egg yolk
- 1/2 level tsp mustard powder OR 1 level tsp Dijon mustard
- 1/2 level tsp sugar
- 1 TBS white wine vinegar OR lemon juice
- 150ml oil
- 1/2 level tsp salt
- 1/4 level tsp freshly ground black pepper



Method



1. Put the egg yolk in a bowl with the mustard, sugar, salt and pepper, and 1 tsp of the vinegar/lemon juice
2. Mix thoroughly, then add the oil drop by drop, whisking constantly until the sauce is thick and smooth
3. If it becomes too thick, add a little more of the vinegar/lemon juice
4. When all the oil has been added, add the remaining vinegar/lemon juice gradually and mix thoroughly
5. Store in a screw-top jar in the fridge for up to 3 days
6. Before using, allow the mayonnaise to come up to room temperature, then stir well

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