

Mayonnaise

Easy to make, lasts a week and a half in the fridge, and forms the base of a range of dressings and flavoured mayos. This is a great recipe to introduce to your kitchen. It will make a large jar, so you may want to sterilise a jar for this by washing it in a dishwasher.

Makes 1 x 600 ml jar
Prep time 15 minutes
Carb count 0.03 g (per tbsp)

EQUIPMENT

Mixing bowl and whisk, or food processor, measuring jug, airtight container or jar

INGREDIENTS

3 eggs
 15 g (1 tbsp) mustard (Dijon, wholegrain or English as preferred)
 15 ml (1 tbsp) cider vinegar
 salt and pepper to taste
 500 ml (2 cups) olive oil
 15 ml (1 tbsp) water (only if necessary)

METHOD

In a restaurant kitchen, we have the luxury of using a food processor to make our mayo. If you have one, I strongly recommend using it. Secondly, I like to use regular olive oil for making mayonnaise, as it is a bit less intrusive than extra-virgin olive oil – but you're the boss, so experiment and see what you prefer. I also recommend using vinegar (acetic acid) instead of lemon (citric acid) to sharpen the mayo, as I find the lemon reacts with the olive oil to produce a bitter flavour. Lastly, I was taught to use whole eggs and I have never found any problems with this. It increases yield and reduces wasted egg whites.

Crack the eggs into the mixing bowl or the bowl of your food processor. Add in the mustard, vinegar and seasoning. Begin to whisk (or start the blades running) and slowly trickle in the olive oil. As the mixture begins to thicken (when approximately half of the oil has been mixed in), you can increase the speed at which you add the oil. Once the oil is incorporated, adjust the thickness with some water if necessary and season to taste. Transfer the mayonnaise to a suitably sized airtight container and keep in the fridge for up to 10 days.

This mayo forms the base of many other dressings and sauces: add chopped capers, gherkins, shallots and herbs for a tartare sauce. Or try adding some finely chopped chilli and coriander – goes beautifully with our Thai fish cakes (page 127).

