

Homemade Mayo

Store-bought mayo sits on the shelves for months and is typically loaded with all kinds of bullshit chemicals.

The solution? Make your own at home.

Ingredients

- 1 egg + 2 egg yolks (room temperature)
- 1 tablespoon vinegar
- 1 level teaspoon Dijon mustard
- ½ teaspoon salt
- 1 cup expeller pressed oil*

Preparation

Leave eggs on the counter for a few hours or run them under warm water for 5 minutes to bring them to room temperature.

Place everything except the oil at the bottom of the blender and blend at the lowest speed for 60 seconds.

Put the oil into some sort of container that allows you to pour it out very slowly. This is essential. Restaurant squeeze bottles, glass bottles with bar spouts, or thin-walled metal containers work well.

Start the blender again, at the lowest speed, and slowly pour in the oil through an opening in the blender's lid. Don't rush. The oil needs to flow in at a slow trickle in order to emulsify properly.

Keep the blender running and keep adding the oil, until all of the oil has been added. If done right, this should take somewhere between 1.5 and 2 minutes.

Scoop mayo into a glass jar and store in the fridge.

Notes

* Use a good quality, neutral oil for this recipe. Olive oil is too pungent and doesn't produce a good mayo. Non-GMO canola oil works well.

Adjust taste by varying the amount of mustard, salt, and vinegar that you add.