



# Mayonnaise

5'  
Hands on

300 g  
Portion(s)

1  
Difficulty



## Method

*This particular recipe goes against one of the fundamental laws of chemistry! That oil and water don't mix! Since both the egg yolk and the mustard are natural stabilizers, they help the oil and water combine, creating the perfect texture for your homemade mayonnaise!!!! Not to mention what they do for taste!*

- In a bowl add the yolk, mustard, vinegar, lemon juice, salt, pepper, and mix well with a hand whisk.
- When completely combined, start adding the olive oil in a slow steady stream, which is about 2-3 cm thick.
- Repeat the same process with the sunflower oil until completely incorporated.
- If the mayonnaise comes out too thick, add a little bit of water to make it thinner.
- Serve in a bowl or transfer to a jar and store in the refrigerator.

## Tip

If the mixture splits, it is because you added the oil too quickly. You can use an extra egg yolk and start the process from the beginning. When it is time to add the oil, use the old mixture that has split.

## Ingredients

- 1 egg yolk
- 1 tablespoon(s) mustard
- 1 tablespoon(s) vinegar, of white wine
- 1 tablespoon(s) lemon juice
- salt
- pepper
- 30 g olive oil
- 220 g sunflower oil
- 1-2 tablespoon(s) water, (if needed)

## Διατροφικός πίνακας

Nutrition information per 100 gr.

779 Calories (kcal)	85.0 Total Fat (g)	11.0 Saturated Fat (g)	0.6 Total Carbs (g)
39%	121%	55%	0%
0.5 Sugars (g)	1.4 Protein (g)	0.0 Fibre (g)	0.73 Sodium (g)
1%	3%	0%	12%