

Homemade Mayonnaise

Nothing quite compares to creamy homemade mayonnaise. If you've only ever eaten the ready-made mayonnaise, then real mayo might take a little getting used to. Most jars of factory mayonnaise contain too much sugar, and a lot of people have become conditioned to the sweet taste. A good mayonnaise is light and balanced in flavour. Mayo is classified as a cold emulsion sauce, and is traditionally made by gradually whisking vegetable oil into egg yolks to create a creamy, emulsified consistency. This process is time consuming, and very unforgiving if you try to mix the ingredients too quickly and the mixture splits. Fortunately, I have discovered the greatest, most delicious and fool-proof recipe, and it doesn't even require egg yolks.



- ½ cup soy milk
- 1 cup vegetable oil
- 1 tbsp white vinegar
- 1 tsp Dijon mustard
- ½ tsp seasalt
- ½ tsp ground white pepper

1. Place all ingredients in a narrow tall beaker.
2. Using a stick blender, blend ingredients starting from the bottom of the beaker and slowly drawing the stick blender up as the mixture becomes thick and creamy.
3. Chill before use and store in a sealed container and refrigerated for 5-7 days.

Some variations:

Cocktail Sauce – add a dash of tomato ketchup and Worcestershire sauce

Tartare Sauce – add finely chopped capers, gherkins and parsley.

Aioli Sauce – add some crushed garlic.