



MAYONNAISE

INGREDIENTS

300ml sunflower oil
100ml olive oil
1 clove garlic, peeled and smashed
3 free range eggs
1 teaspoon mustard
½ teaspoon vinegar
juice of half lemon
pinch of salt
a little sugar to taste

EQUIPMENT

1 hand-held stick blender or blender
citrus juicer
measuring spoons
plastic measuring jug
chopping board
knife

MAKE SURE you GET AN ADULT TO HELP WHEN USING KITCHEN ELECTRIC APPLIANCES !!!

METHOD

1. Measure the oils into the plastic measuring jug and add the smashed garlic clove. Set aside for 15 minutes to allow the garlic flavours to infuse. Hoick out the garlic clove and throw away.
2. Crack the eggs into a small bowl. Make sure no egg shell slips in by mistake! Pour into blender or into a plastic jug if using a stick blender.
3. Whiz the eggs until thick and frothy. If using a stick blender ask an adult to help you hold the jug firmly on the kitchen counter whilst you make the mayonnaise.
4. Add the mustard, vinegar, lemon juice and whiz this all together.
5. With the machine running, carefully and very slowly pour in the oil. A very thin stream is best, bit by bit into your mixture. If using a stick blender you will need a grown up to do this whilst you have the wand whizzing.
6. Continue mixing until all the oil has been added and the mayonnaise becomes thick and shiny. Once the texture has reached this stage turn off the blender.
7. With dry hands turn off the blender at the power point.
8. Taste the mayonnaise and adjust the flavours with a little salt, sugar or lemon juice to your liking.
9. Cover and refrigerate until required.

to SERVE

Home-made potato chips with their skins on are fabulous dunked in this! It's also great on a salad or in a baguette. You can add your favourite freshly chopped herbs if you like and serve with fish cakes or try adding semi-dried tomatoes for a rosy pink mayo.

FROM THE MARKET

Olive oil — Olive Lair
Semi-dried tomatoes — Salad Greens & Kitchen Herbs
Garlic — Patlin's Gardens
Free range eggs — Rosie's Eggs
Lemons — Cooina, Virgaras Garden & Fat Goose
Vinegar — Coriole