



Rizzo's Ridiculously Easy Mayonnaise

The first question is “why”? The answer is because homemade mayo tastes nothing short of incredible, and, when used in recipes that call for mayo such as cold salads, sandwiches, etc., it really brings them up to the next level. Also, it takes less than five minutes to make.



As a culinarian, I always enjoy the history of dishes — I always learn something from it. And, it often means something. For example, if a dish has been around for centuries it is usually for a reason. The following is adapted from Wikipedia with regard to the condiment's origin:

Sources place the origin of mayonnaise as being the town of Mahón in Menorca (Spain), from where it was taken to France after Armand de Vignerot du Plessis's victory over the British at the city's port in 1756. According to this version, the sauce was originally known as *salsa mahonesa* in Spanish and *maonesa* (later *maionesa*) in Catalan (as it is still known in Menorca), later becoming *mayonnaise* as it was popularized by the French. The Larousse Gastronomique suggests: "Mayonnaise, in our view, is a popular corruption of *moyeunaise*, derived from the very old French word *moyeu*, which means yolk of egg." The sauce may have been christened *mayonnaise* after Charles de Lorraine, duke of Mayenne, because he took the time to finish his meal of chicken with cold sauce before being defeated in the Battle of Arques. Nineteenth-century culinary writer Pierre Lacam suggested that in 1459, a London woman stumbled upon this condiment after trying to create a custard of some sort. According to Trutter et al, "It is highly probable that wherever olive oil existed, a simple preparation of oil and egg came about — particularly in the Mediterranean region, where *aioli* (oil and garlic) is made."

This recipe is based on the classic recipe, with language borrowed from Alton Brown's recipe from FoodNetwork.com, but with a couple of changes and an added trick or two. Mayo can be made using a variety of mixing methods including mortar and pestle, hand blenders, frothers, and food processors. Culinarians are taught to use a hand whisk to learn the technique. Here, we are using a blender. The only reason the blender works, though, is because of a specific trick — and that is to add just two or three drops of oil with the initial ingredients, and this creates a fool-proof way to start the emulsion.

Classic mayo recipes call for powdered mustard. The bottled kind is used here as it has ingredients that aid in the emulsion and fill out the flavor profile a bit. Don't be afraid to play with the recipe according to your tastes. For example, try Dijon mustard instead of yellow, or try using more lemon juice in place of the same amount of white wine vinegar.

One common question about mayo is which oil to use. For a “classic” mayo, use only vegetable or grapeseed oil — these have neutral flavors and work very well. Other oils that can be used to

impart flavors for certain recipes include olive, palm, peanut and sesame oil — but be careful as these can impart such strong flavors that you may need to use anywhere from a very small amount up to up to 50% of the oil mixed with vegetable oil. Safflower and corn oils can go rancid quickly but can be used if they are to be served same day. Sunflower, soybean, cottonseed and canola oils should never be used in mayo as they go rancid more quickly.

Yield: Approximately 1 1/4 Cups

Ingredients

- 2 medium-sized egg yolks or 1 extra large egg yolk*
 - 1/2 teaspoon kosher salt
 - 1 1/2 teaspoons yellow mustard (the kind from the bottle, not the dry powder)
 - 2 pinches sugar
 - 1 pinch white pepper
 - 1 tablespoon white wine vinegar
 - 2 teaspoons fresh squeezed lemon juice
 - 1 cup vegetable oil
1. Place egg yolk, salt, mustard, sugar, pepper and vinegar in a blender or small food processor.
 2. Add *just a few drops* of the oil and pulse the mixture a few to several times to thoroughly blend (this will get the emulsion going).
 3. While running the blender or food processor on medium speed, slowly add 1/2 cup of the oil in a thin stream through the top of the blender (remove the center piece from the blender cap) until incorporated. If it becomes too thick for the blender, unplug the blender and stir it up with a spoon a bit, and then plug the blender back in and pulse a few more times to combine.
 4. Add the lemon juice and pulse a few more times to combine. Then, while blending, again in a thin stream, add the rest of the oil.
 5. Leave at room temperature for 1 to 2 hours then refrigerate for up to 1 week.

*CONTAINS RAW EGGS: It is suggested to use caution in consuming raw and lightly cooked eggs due to the slight risk of salmonella or other food-borne illness. To reduce this risk we recommend that you use only fresh, properly refrigerated, clean grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell. For recipes that call for eggs that are raw or undercooked when the dish is served, use shell eggs that have been treated to destroy salmonella, by pasteurization or another approved method.