

## Easy to make - BASIC HOMEMADE MAYONNAISE.

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This recipe is very simple to make and this Mayonnaise is excellent to use as it is, and can be easily adapted and transformed to make the greatest DIPS and SALAD DRESSINGS that you will have ever tasted.

See the DIPS and SALAD DRESSING recipe for more details.

This recipe will produce just a little more than 2 cups of Mayonnaise.

Contrary to other Mayonnaise recipe that uses lots of Oil, my recipe is much healthier and not as fat with much less calories with more proteins in it. The reason also to use only well cooked eggs is to eliminate all the chances of contamination from the Salmonella Bacteria. This Bacteria can also be present sometime in uncooked eggs and also present on their surface. So make sure you clean your hands properly after you will have put the eggs in the water for boiling. After over 15 minutes in boiling hot water all bacteria will be killed and the Salmonella Bacteria are no longer a threat. So this mayonnaise is safe for pregnant woman and Kids and Seniors as well so it is safe to be consumed by everybody.

Preparation Time; 10 Minutes

Total Cooking Time; 15 Minutes

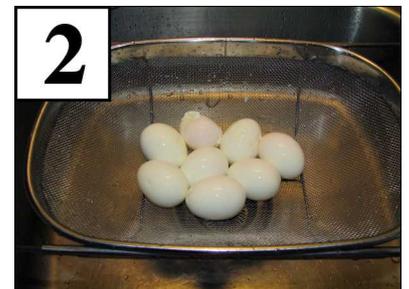
SEE PHOTOS RELATED TO EACH STEPS OF THE WAY.

### 8 Easy Steps to a great and Very Healthy Mayonnaise.

**Step-1** Use 8 Large Brown Eggs, preferably from free range hens. Put the eggs in a 4 quart cooking pot and cover over 1 inch of cold water over the eggs.

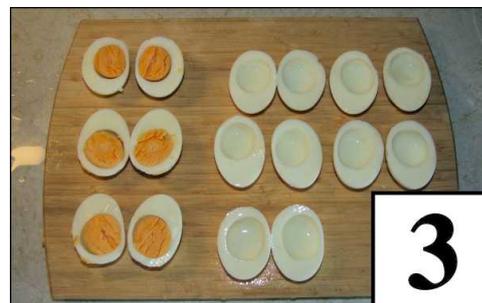
**CLEAN YOUR HANDS RIGHT NOW before touching or doing anything else.**

Set the stove to maximum heat and bring the water to a hard boil, and once you know that the water can not boil any harder, start timing 15 minutes from the time you will see the hard boil has been reached then **shut off the heat and close the cover and leave the pot on the element for 15 minutes.** Then drain all the hot water and fill up the pot with cold water and let the eggs cool down for about 10 minutes. This method of cooking the eggs will make the eggs whiter and easier to peel and also the yolks will be easier to remove from the center.



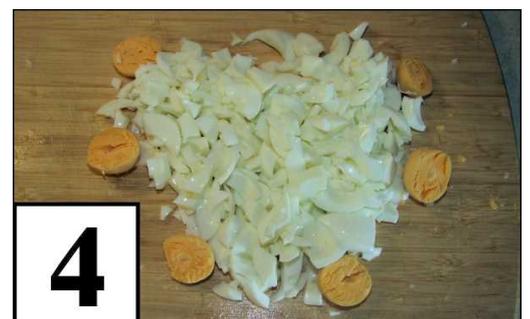
**Step-2** Drain all water and peel the eggs.

**Step-3** Now split all of the eggs in half and discard the yolks of five of the eggs. **We only keep 3 yolks** for this recipe and all the white otherwise the mayonnaise would be too rich.



**Step-4** Cut all the whites into smaller pieces, but not the yolks, this would make an unnecessary mess, just leave them as they are.

**Step-5** Put the three yolks first in a small container or a mixing bowl and then all the whites and cover the eggs with **1/2 cup of white vinegar.** Mix a bit and push down with a fork to get all the eggs in the vinegar.



**Step-6** Add all the spices below to the eggs.  
(Do not drain the vinegar, it is part of the recipe)

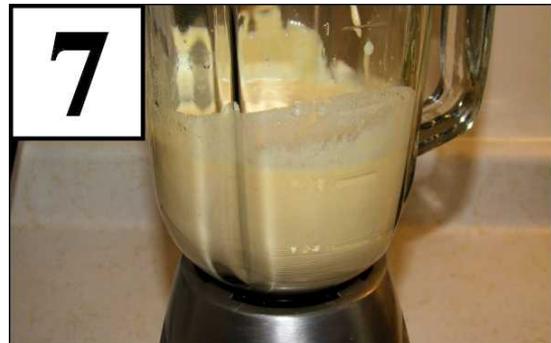
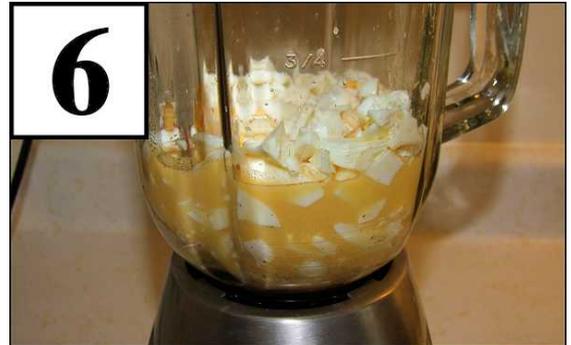
- 1 Tea Spoon of White Sugar.
- 1 ½ Tea Spoon of Sea Salt.
- ½ Tea Spoon of Garlic Powder.
- 1 Pinch of Ground Mustard.
- ¼ Tea Spoon of Onion Salt.
- ¼ Tea Spoon of ground Nutmeg.

**Mix well all the spices with the eggs and then blend in a blender for one minute at medium speed or till all the peaces are well broken down and creamy.**

**Step-7** Now add 1/4 cup of Peanut Oil or Olive Oil, and Blend with the eggs for about 2 more minutes at medium speed to a higher speed. You should be able to see the mayonnaise moving up from the sides and down in the center. If the mayonnaise does not move around mix with a spoon and change speed and try again. **When ready the mayonnaise should be whiter and more creamy.**

**Step-8** Transfer the Mayonnaise in a clean air tight container and refrigerate. The Mayonnaise is now ready for consumption but will taste better the next day and it will also thicken after being refrigerated for a couple of hours or the next day. So it is preferable to do this recipe the day before that you will need it.

**NOTE: There is no preservative in it, so it is best to consume the Mayonnaise within one week from the date of its preparation. This mayonnaise is very healthy and nourishing and also makes great Dips and Salad Dressings.**



**BON APPÉTIT**