

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Olive Oil Mayo

From Well Fed by Melissa Joulwan

The magic of mayo is that it's an emulsion: The oil and egg plus lemon create a colloid. You don't need to understand all the physics, but you do need to bring all of your ingredients to room temperature. The blender version is fluffier and thicker, the food processor version is thinner, but still creamy. Both versions will get thicker as they chill in the fridge. If you suffer a mayo "fail," don't despair! It can be used for salad dressing and also firms up a bit when cooled.

1 large egg  
2 Tbsp lemon juice  
¼ cup plus 1 cup light-tasting olive oil (not extra-virgin!)  
½ teaspoon dry mustard  
½ tsp salt

1. In a blender or food processor, break the egg and add the lemon juice. Put the lid on your appliance and allow the egg and lemon juice to come to room temperature together, at least 30 minutes and up to 2 hours.
2. When the egg and lemon juice are room temp, add the mustard, salt, and ¼ cup oil to the canister. Blend on medium until the ingredients are combined. Now the exciting part begins. Your mission is to incorporate the remaining 1 cup oil by pouring very, very slowly. You want the skinniest drizzle you can manage; this takes about 2 to 3 minutes.
3. If you're using a blender, you'll hear the pitch change as the liquid begins to form the emulsion. Eventually, the substance inside the blender will resemble traditional mayonnaise. Continue to drizzle. Slowly.
4. When all of the oil is incorporated, transfer the mayo to a container with a lid.