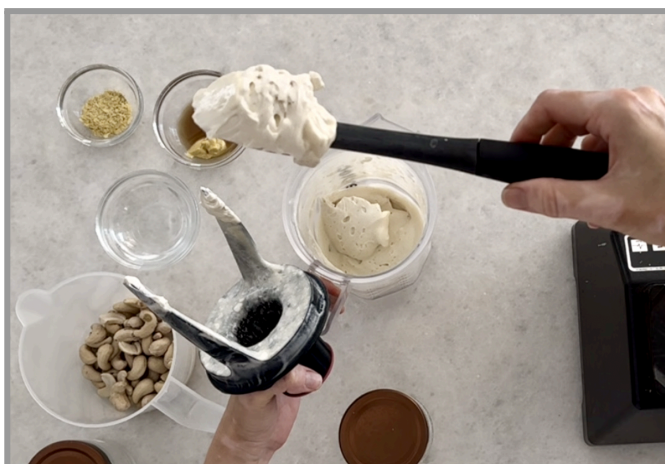


RECIPE BY: Jessica McKenzie

Easy Vegan Mayo

- **WHY:** A versatile emulsion sauce that can be the base of many derivative sauces
- **ABOUT:** Traditionally It is a stable emulsion of oil, egg yolk, and an acid. Before the sauce called 'Mayonnaise' appeared in French cookbooks in the 18th century, several versions of similar sauces existed in Spain and in France.
- **TECHNIQUE:** Low Cost, Texture/Flavour



SPECIAL INGREDIENT:
NONE

INGREDIENT	AMOUNT	METHOD
Soy Milk, unsweetened	60g	<ul style="list-style-type: none"> ● SOY: Ensure that your Soy Milk is room temperature. Add to a small jug. ● POTATO PROTEIN 300: If using the potato protein, add it along with the room temperature water and a small pinch of bicarb into a small jug. Blend until combined and start to foam.
OR Potato Protein 300 CW + Water	OR 3g or 1.5 tsp +60g water	
Lemon Juice or Vinegar	2 tsp Or 10g	<ul style="list-style-type: none"> ● Add the acid, mustard, salt and sugar. Blend briefly until combined
Dijon Mustard	1 tsp Or 6g	
Salt	⅛ tsp or 1.2g	
Sugar	⅛ tsp or 1.2g	
Neutral flavored oil (not olive oil)	100g	<ul style="list-style-type: none"> ● Slowly stream your neutral oil into your mix whilst blending using an immersion blender to create a strong emulsion. The more oil, the thicker the mayo. Adjust add accordingly
White pepper or cayenne	To Taste	<ul style="list-style-type: none"> ● Adjust taste with salt, pepper/cayenne, nutritional yeast as desired. Store in an airtight container for up to 2 weeks in the refrigerator
Nutritional yeast	½ tsp Or 1g	

