

SCD Mayo

INGREDIENTS

2 egg yolks
2 Tbsp white or apple cider vinegar (fresh lemon juice is also good)
2 Tbsp water
1 tsp honey
1 tsp dry mustard
¼ tsp salt
1 cup canola or olive oil (Canola is not recommended for those still with GI upset)

Directions

1. Place all ingredients EXCEPT oil into a non-stick skillet on medium to low heat. Stir continuously until with a wooden spoon until it just starts to thicken. This should take about two minutes. Do not allow to clump!
2. Place the bottom of the pan into a shallow dish of cold/ice water to stop the cooking process. Or pour into a pre-chilled metal mixing bowl
3. After the mixture has cooled for 2-3 minutes pour entire mixture into a blender
4. Turn blender on low and start to pour oil in right away very slowly in a constant drizzle. Keep mixture on low until it starts to thicken then increase to a slightly higher speed gradually.
5. Once all oil has been poured increase the blender speed slowly until reaching high and mixture has thickened into a mayo like consistency
6. Store mayo in a clear glass jar in the refrigerator. It will keep for about two weeks. Longer provided only clean utensils are used and nothing contaminates the mixture.

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