



Nutrition Facts	
Per serving	
Calories 80	%DV*
Fat 9g	12%
Saturated 0.5g	3%
+ Trans 0g	
Carbohydrates 0g	
Fibre 0g	0%
Sugars 0g	0%
Protein 0g	
Cholesterol 0mg	
Sodium 15mg	1%
Potassium 10mg	0%
Calcium 4mg	0%
Iron 0mg	0%

*5% or less is a little, 15% or more is a lot

Basic Mayonnaise

Mayonnaise demonstrates the use of eggs as an emulsifying agent. What is the role of the lemon juice in this recipe?

Prep time: 5 minutes

Yields: 1 cup (approximately 16 tbsp)

Ingredients

- ¼ cup (60 ml) pasteurized liquid eggs, well shaken
- 1 tbsp (15 ml) fresh lemon juice
- 2 tsp (10 ml) Dijon mustard
- Pinch of each salt and pepper
- ¾ cup (150 ml) canola oil

Instructions

1. In a blender, combine all ingredients.
2. Blend well and serve.
3. Keep unused mayonnaise refrigerated.

Adapted from Burnbrae Farms *Omega Pro Mayonnaise*

Variations

Add one of the following to basic mayonnaise and blend.

Roasted Garlic

- 1 tbsp (15 ml) mashed roasted garlic

Bombay

- ¾ tsp (3 ml) mild Indian curry paste

Garden Herb

- 1 to 2 tbsp (15-30 ml) chopped fresh basil, thyme or chives

California

- 1 tbsp (15 ml) sun-dried tomato paste

Spicy Stampede

- 2 tsp (10 ml) spiced cayenne chipotle sauce

Tips

- Raw eggs can contain harmful bacteria. Eggs and egg-based foods should be cooked to an internal temperature of at least 165° F (74° C) to ensure they are safe to eat. Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that are not heated, such as icing, eggnog or Caesar salad dressing.