

MAYONNAISE



Yogurt Dressing

If made with fat-free yogurt, this is a healthy alternative to mayonnaise

- makes about $\frac{3}{4}$ cup (5–7 fl oz) (150–200ml)
- prep 10 mins

$\frac{3}{4}$ cup plain low-fat yogurt

1 tbsp finely chopped parsley

1 tbsp finely chopped dill

1 tbsp finely chopped preserved stem ginger

1 tsp preserved ginger syrup, from the jar

zest and juice of 1 small lemon

salt and freshly ground black pepper

● **Prepare ahead** The dressing can be covered and refrigerated for up to 4 days.

1 Mix the yogurt, parsley, dill, ginger, ginger syrup, lemon zest, and juice in a small bowl. Season with salt and pepper.

2 Cover with plastic wrap and refrigerate until ready to serve.

● **Good with** falafel or grilled meat, such as lamb.

Egg Mayonnaise

Here is a near-perfect egg salad, which makes a classic sandwich filling for a summer's lunch

- makes 4 servings
- prep 10 mins • cook 7 mins

4 tbsp mayonnaise

2 scallions, finely sliced

1 tbsp chopped chives

4 large eggs, hard boiled

salt and freshly ground black pepper

1 Mix the mayonnaise, scallions, and chives in a small bowl.

2 Peel and slice the eggs. Add to the mayonnaise. Using a fork, mash the eggs. Season with salt and pepper.

● **Good with** salad greens or when served in lettuce cups as an appetizer.

PEELING EGGS




Cool the eggs rapidly after cooking, or a dark ring will form around the yolk. Peel the eggs in the cold water and the shells will slip off easily.



COOKING TECHNIQUES

Mayonnaise

Making your own mayonnaise is easy and allows you to choose your own flavorings

-  makes 1½ cups
-  prep 10 mins
-  to prevent curdling, all the ingredients should be at room temperature before you start

2 large egg yolks

2 tbsp white wine vinegar

1 tsp Dijon mustard

1¼ cups olive oil (not extra virgin)

1 tbsp fresh lemon juice

● **Prepare ahead** The mayonnaise can be stored in the refrigerator.

1 Place the egg yolks, vinegar, and mustard in a food processor. Process for about 1 minute, until pale and creamy. (Or whisk by hand.)

2 With the machine running, slowly pour in the oil through the feed tube in a thin, steady stream, processing until the mayonnaise is thick and creamy. (If making by hand, dribble in the oil.)

3 Add the lemon juice and pulse briefly (or stir) to combine. Season with salt and pepper.

VARIATIONS

Substitute 3 tbsp of a flavored oil (hazelnut, walnut, basil, or lemon) for an equal amount of the olive oil. Or stir Chinese chile paste, chopped sun-dried tomatoes, crushed garlic, or chopped fresh herbs into the finished mayonnaise to taste.

