FRENCH · SAUCE

Hand-Whisked Mayonnaise

15 min · Makes 39 × 1 tbsp · 107 kcal a portion · Video 3:14 · Jamie Oliver

Vegetarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Made with just egg yolks, mustard and oil, it has no sugar, starch or additives; a tablespoon gives about 107 kcal, almost all from fat, with under 0.5 g of carbs.

Diet notes: Keto (0.1 g net carbs a serve).

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Ingredients 6 · MAKES 39 × 1 TBSP

- [ ] 2 **free-range egg yolks**
- [ ] 1 heaped tsp **Dijon mustard**
- [ ] 500 ml **olive oil** (a mild one, or half rapeseed oil)
- [ ] 1–2 tbsp **white wine vinegar**
- [ ] **Lemon juice**: juice of ½ lemon
- [ ] a pinch of **sea salt**, to taste

Allergens found in the listed ingredients: Egg, Mustard, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Twist a tea towel into a ring and sit a round-bottomed bowl in it so the bowl stays steady and tilted, leaving both hands free. 0:26
2. Whisk the egg yolks with the mustard until smooth. 0:39
3. Whisking all the time, add the oil a few drops at a time; adding it too fast at the start splits the sauce. Once it thickens and turns glossy, you can pour in a thin, steady stream. 1:20
4. When about half the oil is in and the mayo is very thick, whisk in 1 tbsp of vinegar to loosen it and lighten the colour, then whisk in the rest of the oil. 2:10
5. Season with salt, a squeeze of lemon and a little more vinegar to taste. Spoon into a clean jar and keep in the fridge for up to a week. 2:15

> **Tip** The yolks stay raw, so use pasteurised eggs for pregnant women, young children, older people or anyone unwell. Stir in crushed garlic for aioli, or chopped herbs and capers for a quick tartare-style sauce.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you 1 OF 39 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
107 kcal	0.1 g	0.1 g	0 g	12 g	10 mg
450 kJ	0% of a day	0.1 g net · 0 g sugars	0% of a day	1.7 g saturated	1% of a day
		0% of a day		15% of a day	

Energy from net carbs 0% · protein 0% · fat 100% — fits keto: 0.1 g net carbs, 100% of the energy from fat

Source of (10–19%) Vitamin E 11%

Recipe and video: Jamie Oliver (@JamieOliver) on YouTube — youtube.com/watch?v=ypQuZX5MVsI, published 23 June 2013. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/hand-whisked-mayonnaise