

Plenish™ of ways to use oil

Emulsions: Making Mayonnaise

Materials

1 Large egg
Lemon juice or vinegar
Soybean oil
Salt
Whisk
Seasonings: cayenne, salt, pepper, dill, etc.

Procedure

1. Separate egg yolk from the egg whites in to a small mixing bowl and discard the egg whites.
2. Add 5 mL of selected acidic solution to the egg yolk (egg yolks contain lecithin) in the mixing bowl.
3. Whisk until the mixture is homogeneous.
4. Drop by drop add 125 mL of soybean oil, while whisking continually (this is vital, do not add quickly)
5. Adjust the thickness of the mayonnaise base by adding small amounts of water.
6. Add additional herbs and spices to season to taste.

