

EXCELLENT HOMEMADE MAYONNAISE RECIPE

This version is from the 8 May, 2025

This recipe is easy to make and will yield 5 to 6 cups of mayonnaise. For best results, use measuring spoons and measuring cups.

Boil 15 large fresh white eggs for 12 minutes, then place them in a cold water bath for 15 minutes. Then peel, cut in half, and remove the yolks from 5 of these eggs. Do not include those 5 yolks in the recipe; but use all of the egg whites and all the other 10 yolks.

Prepare these ingredients and put aside while you boil the eggs.

- 1 Teaspoon Demerara sugar (Or regular Brown Sugar)
- 1/2 Teaspoon Himalayan salt (Or regular table salt)
- 1 Teaspoon Onion salt
- 1/4 Teaspoon Sage
- 1 Teaspoon Greek seasoning (fine ground)
- 1/2 Teaspoon White pepper (White Pepper)
- 4 **Teaspoons** of ground mustard
- 1 Tablespoon parsley
- 4 Tablespoons low-sodium chicken soup mix
- 1 Medium whole garlic clove or 1/2 of a large clove **OR.... 6 Spring Onions minced**, they will give this Mayonnaise a very delicious taste that goes very well with any kind of Salads. Using the Spring Onions will give the Mayonnaise a pale green color, but is soooo gooooooood.

Other Ingredients to use in this recipe:

1/2 Cup white vinegar

1/2 Cup avocado oil

1/2 Cup Kefir

Directions:

Place the ingredients in a blender (mixer), starting with the Garlic and all the above Spices, then the eggs, then the vinegar, oil, and finally the Kefir, and blend everything for about 90 seconds at high speed. There you go, you've just made the best and most nutritious mayonnaise you'll ever eat. You should consume this mayonnaise within 12 to 14 days and keep it refrigerated in an airtight container. The mayonnaise will thicken when cold and have a great texture. Mix it each time before using.

This Mayonnaise can also be Frozen in small ONE Cup containers and stay fresh for 2 months. When you want to use it just take it out of the Freezer the day before and put it in the fridge. The next day as you will see the Mayonnaise will have kept it's good taste and texture.

Enjoy your meal.

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