

There are many brands of mayonnaise on the shelves these days. It finds its way into many lunchtime menus, and yet, so many of them have horrible ingredients in them including high fructose corn syrup. There is nothing as nice as homemade. It needs to keep in the fridge and will only last up to 1 week.

Homemade Mayonnaise

275 ml (10 fl oz) groundnut oil
2 small eggs
1 crushed clove garlic
1 heaped tsp powdered English mustard
1 level tsp salt
Ground black pepper
1 tsp white wine vinegar

Put egg yolks into a bowl. Add crushed garlic, mustard powder, salt and pepper and mix well. Place bowl on a clean towel so it stays put because you will be using both hands at the same time. Have jug with groundnut oil in one hand and whisk in the other. Drop by drop, whisk it into the eggs. When the mixture goes thick and lumpy, add the tsp of wine vinegar. Then you can start to pour the oil in a steady thin stream. When oil is finished, test for additional seasoning needs. *Some suggest, if egg curdles because you add oil to quickly crack another egg and add the curdled mixture to that bit by bit continuously whisking.*

Skordalia Dip with Raw Veggies

My sister made this yummy party dip many years ago and it is still one of my favorites.

10 fl oz mayonnaise/ yoghurt (try it and decide on the quantities for yourself)
1 oz fresh brown breadcrumbs
1 oz ground almonds
2 large cloves crushed garlic
Salt and pepper to taste
Squeeze of lemon
2 tbs sesame seeds toasted
3 tbs chopped fresh parsley

Mix everything together until well blended. Garnish with parsley and/or sesame seeds. Cover and refrigerate for an hour or so. If the consistency is too thick, add more yoghurt and/or mayonnaise. Have a selection of fresh organic veggies to dip into the Skordalia.