

Garlic Aioli (Real Mayo)

Ingredients:

1 large egg yolk
1 garlic clove, finely grated
¼ tsp. kosher salt, plus extra
½ c. extra virgin olive oil
cayenne pepper, pinch
fresh lemon juice
fresh ground pepper

Method:

Whisk egg yolk, garlic, 1/4 tsp. salt, and 2 tsp. water in metal bowl to blend well. Whisking constantly, slowly drizzle in olive oil, 1 teaspoonful at a time in a slow, steady stream. Stir in cayenne and season aioli with lemon juice, pepper, and salt.

*Use aioli in place of store bought mayo, which is often genetically modified, and made with chemically extracted, omega 6 rich oils such as canola, safflower or sunflower oil).

Any day of the week - this is the “real” thing”!