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## Mayo

1 egg yolk

1 cup Grapeseed oil or light olive oil, walnut oil, almond oil all work

1-2 tbsp vinegar or lemon juice depending on taste

salt and pepper to taste

Combine the egg yolk and acid in the bowl, whisking to mix.

Note: You can make mayonnaise in a food processor, with an electric whisk or by hand, with a mixing bowl and whisk. The key for either method is to add oil very slowly, in a steady stream, while the processor is running or you're whisking vigorously. (Stabilize a lightweight mixing bowl by setting it on a coiled kitchen towel.)

Continue to whisk constantly, adding the oil in a slow, steady stream.

Note: If the mayonnaise starts looking too thick, add enough water to thin it to the consistency you desire. Add about a teaspoon of water at a time. When the oil is all mixed in, the mayonnaise should be thick and fluffy, with your whisk forming ribbons through the mixture.

If it never thickened and you're stirring a puddle, chances are you will need to start over. (Or, if you're still partway through the process, you can save the emulsion by adding another egg yolk, whisking vigorously. Add in remaining oil, plus extra for a double recipe.)

Adjust the seasoning with the salt and pepper and more acid, if desired. For a garlic mayo, add either garlic powder or 1 clove of the real deal.

Note: Lemon juice or vinegar adds acidity to the mayonnaise. It also helps flavor the mayonnaise, which, incidentally, has quite a low pH, so is inhospitable for bacteria. Mayonnaise is rarely the culprit in food-borne illness cases: it's much more likely to be the potatoes or pasta in the picnic salads causing problems!