

Peruvian Mayonesa (Garlic Cilantro Aioli)

January 30th, 2022

This recipe serves: 4

Prep Time: 00:30

Cook Time: 00:00

Mayonnaise is an emulsification; egg yolk and flavorings are emulsified in oil, creating a thick, creamy, flavorful condiment. In Latin American, mayo is used for much more than an occasional condiment on your deli sandwich. But to be fair, mayonesa (Spanish for Mayonnaise) has a very different flavor than the Mayonnaise that can be commercially purchased in the United States. Mayonesa can be used to hold together a Tuna Fish Sandwich, as a dipping sauce for Fried Yucca (Cassava), or even as a finishing sauce for Roast Chicken. Pasteurizing the eggs will kill any potentially dangerous bacteria, making the mayonnaise safe to eat without cooking. I would strongly discourage using unpasteurized, uncooked eggs in any recipe.

Ingredients:

The Mayo

- 1 Egg Yolk, pasteurized and brought to room temperature
- 1/4 Cup Avocado Oil or Extra Light Olive Oil (not EVOO)
- 1/4 Teaspoon Dijon Mustard
- 1/2 Tablespoon Apple Cider Vinegar
- 1/2 Lime, juiced
- 1 Pinch Table Salt

The Flavorings

- 1 Tablespoon Red Onion, finely chopped
- 1 Cloves Garlic, minced
- 1 Tablespoon of Fresh Cilantro, finely chopped
- 1/2 Teaspoon Red Pepper flakes

Directions:

In a tall glass container, add the Egg Yolk, Mustard, and Vinegar.

Submerge the blades of an immersion blender in the Mayo mix, all the way to the bottom of the container.

Run the blender on low for about 30 seconds to blend the ingredients.

Note:

In order for the Oil to fully emulsify, it must be added in small amounts. Adding too much Oil at once will result in flavored Oil instead of Mayonnaise.

While the blender is running, use a 1/2 Teaspoon measuring spoon to add a few drops of the Oil. Blend until the Oil is fully mixed, before adding more Oil.

Continue to drizzle the Oil, a few drops at a time until all the Oil has been integrated.

Run the mixer on high for an additional 30 seconds to fully mix.

After all the Oil is emulsified into the Yolk mixture, add the Lime Juice and Salt, then mix again.

Mix The Flavorings into the Mayonesa until fully incorporated.

Store covered and refrigerated for up to 6 weeks (assuming that pasteurized eggs were used).