



Palm Oil Mayonnaise

Red palm oil makes a nice mayonnaise with a distinctive dark yellow-orange color. The palm oil gives the mayonnaise a slight savory flavor that can enhance the taste of sandwiches and salads. Mayonnaise can be stored in the refrigerator for several hours but must be used the day you make it. In the refrigerator the mayonnaise gradually hardens, just like palm oil does. When combined with other ingredient, such as in a potatoes salad, it will remain soft and creamy for several days.

Ingredients:

2 egg yolks
2 Tbsp. apple cider vinegar
½ Tbsp. prepared mustard
1/8 tsp. paprika
1/8 tsp. salt
1 ¼ cup red palm oil, liquefied

Combine egg yolks, vinegar, mustard, paprika, and salt in a blender or food processor. Turn on the processor. While the machine is running, pour in melted (but not hot) palm oil very slowly in a fine steady stream. The secret to making good mayonnaise is to add the oil slowly. Mayonnaise will thicken as oil is added. *Compliments of Dr. Bruce Fife, N.D.*

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