

Bacon Mayonnaise

Quick, easy, and amazingly delicious. I love using it to make chicken salad.

Ingredients:

½ c bacon grease (**see Note 1**)

1 whole egg + 1 egg yolk (from a pastured chicken or duck), at room temperature

2 t organic mustard (Dijon or regular, yellow mustard) (**see Note 2**)

1 ½ T lemon juice

¼ t sea salt

up to ½ c avocado oil (or olive oil)

Directions:

- (1) Mayonnaise can be made easily with a stick blender, regular blender or mixer. The key to good mayonnaise is a lot of blending on low speed. So, it is ideal to have a tall vessel to avoid splashing.
- (2) Over low heat, heat the bacon grease just until liquefied. Remove from heat and allow to sit until time to add. This should ensure that it will not be too hot. If it is too hot, it will cook the eggs and ruin the mayonnaise.
- (3) Add eggs, mustard, lemon juice, and salt to a mixer or blender. Mix on low for several minutes to emulsify the eggs well.
- (4) While blender or mixer is running on low, pour the bacon grease into the mixture in a slow steady stream. Then do the same with the avocado oil. Only check for desired thickness as you go. I find that I do not generally need to add an entire ½ c of avocado oil. The mayonnaise is plenty thick with less.
- (5) Store any leftover in the refrigerator. It will thicken more in the fridge. If it gets too thick, simply add a little more lemon juice.

Note 1: If you do not have bacon grease on hand, another animal fat such as chicken or beef will do. Sometimes when I make meat stock, an excessive amount of fat forms on the top when it cools. I scoop this off into a separate jar and store it in the freezer, for cooking eggs or other dishes. I have also used it in this recipe in place of the bacon grease and had great results.

Note 2: In lieu of prepared mustard, I have used the mustard seeds from my homemade pickles, grinding them with a mortar and pestle before adding.

Adapted by Karen DeHaven from *GAPS Stage by Stage, With Recipes*, pgs. 322-323