



VEGAN GARLIC AND HERB MAYO

Season:	Any
From the garden:	Parsley, chives, sorrel
Type:	Sauce
Difficulty:	Medium
Country of origin:	France
Serves:	30 tastes
Source:	Andrea Habacht, GTT kitchen specialist, Oropi school

Equipment

*bowl

*whisk

*measuring cup and and spoon

*chopping board and knife

*garlic press

Ingredients

* $\frac{1}{3}$ cup aquafaba (liquid from canned chickpeas)

*1 tsp mustard

* $\frac{1}{2}$ tsp salt

*1-2 tsp vinegar

*1 tsp sugar

*3 garlic cloves

* $\frac{3}{4}$ cup oil

*big handful of mixed herbs

Method

- 1.place aquafaba, mustard, vinegar, salt and sugar into a bowl and whisk till frothy and combined
- 2.start adding the oil in a thin stream while whisking constantly. Don't add all the oil at once, as the mayonnaise could split
- 3.when all the oil has been added, put the mayo into the fridge the thicken up a bit more
- 4.peel the garlic and squeeze through the garlic press into a serving bowl
- 5.wash the herbs and chop them finely. Add to the bowl

6.add the mayo into the bowl with the garlic and herbs and mix

7.check the seasoning and adjust if necessary

8.put the mayo back in the fridge till needed

Notes: For a non-vegan version, replace the aquafaba with an egg yolk.

Skills: *measuring, chopping, whisking*