

Easy Vegan Mayonnaise (With Aquafaba)

YIELD: Makes about 1 cup

ACTIVE TIME: 2 minutes

TOTAL TIME: 2 minutes

RATED: 3.0



This chickpea-based mayonnaise ends up light, creamy, completely grease-free, and stiff enough to hold its shape when you mound it up, but loose enough to spread easily over a sandwich. I'm not tasting it side by side with real, egg-based mayo because I'm still staying vegan this month, but I'd put it up against any homemade mayo out there (and yes, it'll blow any store-bought mayo out of the water). Best of all, it takes only two minutes to make.

SPECIAL EQUIPMENT:

Immersion blender or standing blender

INGREDIENTS

2 medium cloves garlic, minced

1 tablespoon (15ml) fresh juice from 1 lemon

2 teaspoons (10ml) Dijon mustard

3 tablespoons (45ml) liquid from 1 can of chickpeas, plus 12 whole chickpeas

1/2 cup (120ml) vegetable oil

1/4 cup (60ml) extra-virgin olive oil

Kosher salt and freshly ground black pepper

DIRECTIONS

1. Combine garlic, lemon juice, mustard, chickpea liquid, and chickpeas in a tall container just large enough to fit the head of an immersion blender. Blend at high speed until completely smooth. Alternatively, blend in the jar of a standard countertop blender. With the blender running, slowly drizzle in vegetable oil. A smooth, creamy emulsion should form.
2. Using a rubber spatula, transfer to a bowl. Whisking constantly, slowly drizzle in olive oil. Season to taste with salt and pepper. Mayonnaise will keep in a covered container in the fridge for up to 1 week.

