



# Recipe of the Week

## AVOCADO MAYONNAISE

*With avocados so cheap at the moment this is the perfect recipe for summer deliciousness*

### Ingredients

3 egg yolks  
1 whole egg  
1 clove garlic  
2 teaspoons white wine vinegar  
1 tab lemon juice  
1 small teaspoon Dijon mustard  
Small handful of parsley  
1 large ripe avocado  
500 ml grapeseed (or similar flavourless oil, not olive)  
2 tabs hot water  
Salt and pepper to taste

### Method

1. Place everything except oil and hot water into processor and whiz until well combined.
2. With the motor running add the oil in a very fine stream until mayo begins to thicken.
3. At this point the oil can be added a little quicker. Check consistency – it needs to be a thick mayo.
4. Add seasoning and then with hot water if needed. Refrigerate until needed.