

Amaze-onaise (Egg-free Mayo)



(These amounts may need to be varied, depending on personal preferences)

About 200 gm firm tofu (7 oz.)

3-4 Tbsp white vinegar or apple cider vinegar

2 Tbsp olive oil (or other preferred oil)

1-2 tsp volcanic salt (Kala Namak, Himalayan Black Salt. I call it 'egg salt')

1 tsp MSG (see *footnote)

¼ -½ tsp mustard powder

A pinch of turmeric (for colour. Optional)

In a small glass, dissolve 'egg salt' in the vinegar and let stand

Put tofu, olive oil, msg, mustard and turmeric in blender

Carefully pour vinegar into blender leaving the black grit behind.

Blend, scrape down sides with rubber spatula, re-blend until creamy smooth.

Store in a sealed container, in the fridge.

***A Quick Note about MSG:** Contrary to the bad press MSG has had, it has been cleared of all charges! It is now believed that there is no such thing as MSG allergy as many believe, and, in fact the 'Glutamate' part of it (Glutamic Acid) is an essential Amino Acid. It is also believed to lower blood pressure. It has an amazing ability to enhance the flavour of savoury food. Soy Sauce is full of it. The Chinese word for MSG translates as "Deliciousness".