

THE

CrossFit

KITCHEN



MASSIE MAYO

by Nick Massie

overview

This simple condiment recipe requires little more than the ingredients and a blender. CrossFit athletes, however, might want to go caveman or cavewoman and do the mixing by hand—for time, of course.

ingredients

- 1 whole egg, plus one extra yolk
- 1 tsp. granulated garlic
- 1 tsp. Dijon mustard
- Juice of half a lemon
- 2 c. extra light olive oil
- Kosher salt, to taste

directions

1. Add eggs, garlic, Dijon mustard and lemon juice to a food processor, blender or mixing bowl.
2. Turn on the food processor or blender and slowly drizzle in olive oil, making sure it emulsifies as you go. The mixture should appear creamy. If using a mixing bowl, whisk like a mad man or mad woman and also be sure to maintain emulsion.
3. Once all olive oil has been added, test the mayo for flavor. Add salt as desired.
4. Use a rubber spatula to transfer to a sealable plastic storage bag, then cut a small hole in the corner of the bag and pipe the mayo into a squeeze bottle.
5. Massie mayo stores in the fridge for 2-3 weeks, but it probably won't last that long.

