

Carrot, Sweet Potato or Butternut Squash Fries

INGREDIENTS:

- 1 pound carrots or sweet potatoes or butternut squash
- 1 tablespoon coconut oil
- ½ tablespoon ground cinnamon (or fresh herbs)
- 1 teaspoon coconut flour

DIRECTIONS:

1. Preheat oven to 400 degrees
2. Slice the carrots into equal size sticks
3. Toss the carrot sticks with the oil, cinnamon and flour and lay flat on a baking sheet
4. Bake for 25 to 30 minutes or until fork tender
5. Serve with homemade mayo or plain Greek yogurt



Homemade Mayonnaise

INGREDIENTS:

- 1 large egg at room temperature
- 1 tablespoon Dijon mustard
- 1 tablespoon red or white wine vinegar
- 1/4 teaspoon sea salt, or more to taste
- 1 cup neutral flavored oil, grapeseed, safflower, avocado
- 1 teaspoon fresh lemon juice, optional
- 1 ripe avocado, optional



DIRECTIONS:

For large food processor, use small bowl attachment. Not using smaller bowl can prevent the mayo from emulsifying properly. If you do not have small bowl, make mayo with blender, immersion blender or by hand. Or make larger batch and double recipe with standard bowl attachment.

1. Add egg to small bowl of food processor, process for 20 seconds. Add mustard, vinegar, and salt. Process another 20 seconds.
2. Scrape sides and bottom of bowl, turn food processor on and begin to slowly add oil in tiny drops until a quarter of oil has been added (critical for proper emulsification).
3. When you notice mixture beginning to thicken and emulsify, continue to add oil slowly, but increase to thin stream instead of drops.
4. When all oil has been added, scrape bottom and sides of bowl and process an extra 10 seconds. Taste mayonnaise for seasoning, and add salt, lemon juice or vinegar to taste.

NOTES

- Note, if mayo seems too thin, slowly stream in more oil with processor running until thick.
- For richer flavor, add avocado at end.
- Storing Homemade Mayonnaise: Store covered in the refrigerator up to a week.

- Raw eggs: When choosing eggs for homemade mayonnaise, use fresh, properly refrigerated, clean grade A or AA eggs with intact shells, preferably organic or free range.
- Olive oil can be a little overpowering so use a light and fruity flavored oil and consider only replacing half the olive oil with a more neutral flavored oil for the rest.
- Fixing Broken Mayonnaise: While I have never had this recipe for mayonnaise 'break', if it happens to you don't fret! Add about 1 teaspoon mustard to a bowl then slowly beat broken mayonnaise into mustard until it emulsifies and is creamy again (from Julia Child). Another trick is to repeat same process but replace mustard with an egg yolk.