

Mayonnaise

1 egg yolk = 1 cup oil

*It is important to use a fresh egg, preferably organic, since it will be served raw.

- * One yolk can absorb up to a cup of oil, but you can use less. I make it with a half cup of oil (a mix of 1/4 cup olive oil and 1/4 cup neutral vegetable oil, like Canola)
- * In France, particularly for serving with seafood, they usually make it entirely with Canola/Rapeseed oil. Indeed, my relatives protest that olive oil is too strong. Of course, they are from Normandy, where few olive trees grow, and where rapeseed (Colza) grows in abundance. They also make vinaigrettes with rapeseed oil instead of olive oil—and it is delicious.

In a bowl, put:

- * one yolk (keep the egg white for another use, like Bronzini)
- * a little salt
- * a little mustard (optional)
- * 1/2 teaspoon water (this is the magic ingredient)

Now, very slowly, start drizzling the oil, drop by drop, while whisking. If your bowl moves around, secure it with a dish towel (roll the dish towel and wrap it around the bowl).

Your arm will hurt and you will wonder why you are doing this. But keep going! Slowly, you will watch the yolk transform into a shiny, rich, emulsified substance. When that happens, you can increase the amount of oil. (If the mayonnaise instead comes apart, all is not lost! You can try adding a tablespoon of water; if that doesn't work, start in another bowl with a new egg yolk and, while whisking, slowly incorporate the first mayonnaise)

Once you are done adding oil, taste it and add anything you like: more salt, pepper, lemon, vinegar, sauce from your roast, capers, garlic etc.

You can also make mayonnaise in the food processor. Here is a recipe I cut out from the New York Times many years ago.

One more barely needs a recipe:
mayonnaise.

Every food processor worth its name has a little hole in the "pusher" that plugs the feed tube. When the first Cuisinarts were introduced, this was an astonishing feature, because it allows mayonnaise to be made by a savvy five-year-old or an inattentive adult.

By-hand instructions for mayo require you to dribble oil — not quite drop by drop, but close — into an egg-acid mixture, while beating with a fork or whisk. It's doable and it's fun — once.

By machine, you put an egg, a tablespoon of vinegar, two teaspoons of mustard and some salt and pepper into a bowl; you put the top on and start 'er up; pour a cup of oil into the pusher, with its little hole, and go sip coffee or do yoga. The oil drizzles in, and you get perfect mayonnaise in a minute. That alone is worth the price of admission.

in small bowl, small metal blade

Garlic Mayonnaise (Aïoli)

2-3 cloves garlic (or as many as you want)

Pinch of salt

In a mortar, pound the garlic with the salt to form a paste. Then, remove about half, which you can add to taste when your aïoli is done.

In the bowl/mortar, add

* one yolk (keep the egg white for another use, like Bronzini)

* 1/2 teaspoon water (this is the magic ingredient)

Whisk, while you add 1/2 to 1 cup olive oil, drop by drop at first. Once the emulsion takes, you can increase the amount of oil you add.

Salt-crusted Bronzini (or any whole white fish)

Bronzini, Kosher salt, egg whites, water, lemon, thyme and good quality olive oil

- * Ask your fishmonger to clean the inside of the fish, but not to scale it
- * 1 Bronzini = 2 people, unless it is very small; I usually get 2 medium Bronzini for 3 people

Set the oven to 400 degrees

In a bowl, combine:

- * 1 box Kosher Salt (3 pounds)
- * 4 egg whites
- * 1/2 cup water

You want a nice, wet, sandy texture

Cover the bottom of a baking tray with one layer of sand (for easier cleanup, you can line the baking tray with aluminum paper before adding the salt layer).

Place your fish on the layer of sand. Put some lemon slices and a little thyme inside the fish cavity. No need to put salt!

Cover the fish (everything but the head and tail) with another layer of salt.

Cook for 30 minutes for a small fish / 35 minutes for a large fish

I cooked our 3 Bronzini for 30 minutes. They were just right, but if you open the salt crust and find that they are not fully cooked, just put them back in the oven a few minutes

Use the back of a spoon or a small mallet to break up the salt layer. It should have created a seal around the fish and come off in pieces. If it didn't, just brush off the salt.

Then, remove the head (you can use cooking scissors), tail, skin and bones. Place the fillets in a plate and serve with lemon and very good quality olive oil. Also delicious with mayonnaise.

Good side dishes: small steamed potatoes and green beans.

Cannelés de Solange

1/2 liter milk (preferably whole milk)

200 g sugar

100 g flour

2 eggs + 2 yolks (save the egg whites for Bronzini or another use)

50 g butter

1 tbs vanilla extract

1 tbs rum

Cut butter in small pieces. Combine with milk and heat at medium until the milk begins to froth. You don't want it to boil over, but you do want it to froth completely. Once it does, immediately take it off the heat.

Add 1 tbs vanilla to the milk.

In a bowl or a Kitchen Aid, mix the flour, sugar and eggs until combined.

While mixing, very slowly at first, add the hot milk/butter mixture.

Refrigerate overnight.

The next day, let the batter come to room temperature and add 1 tbs rum

Set your oven to 400 degrees

Butter your cannelés molds and fill them up to about 3/4

Cook for about an hour. You want them to be dark

If you have leftovers, store them in the refrigerator and reheat in the oven the next day.