

AQUAFABA AIOLI

Aquafaba is the liquid in which chickpeas or beans have been cooked. It has the same quality as eggs or egg whites and makes beautiful mayonnaise or aioli. Use well flavoured oil in making this dish as the bean water is not well flavoured.

60ml aquafaba

½ teaspoon salt

2 teaspoons lemon juice

1 teaspoon mustard powder (unusual to add to an aioli but will improve the flavour)

additional lemon juice and salt to use to balance aioli once made

200ml mix of rapeseed and olive oil

1 clove of garlic crushed

METHOD

1. Put the aquafaba, salt, lemon juice and mustard powder into a food processor.
2. Run the machine until all of the ingredients are well combined and the mix is frothy.
3. With the food processor running, very slowly add the oil in a steady stream so that the mixture thickens.
4. Add the garlic and run the machine to allow it to blend.
5. Season the aioli to taste, adding more salt or lemon juice as required.