

Emulsions

Vinaigrette, Mayonnaise, Whipped Cream



Oeufs Mimosa - Deviled Eggs

An emulsion can be a mayonnaise, a béarnaise, a hollandaise, or a whipped cream...basically it is the mixture of two or more liquids that do not naturally mix together. Take oil & vinegar, well-emulsioned they make a simple vinaigrette. A priori the ingredients are immiscible —i.e. they do not mix - for example: water and oil. An emulsion is indeed a chemical reaction for which particular energy and -- very important — an agitator is required! Today we will be the agitators! We will not use any electric device and will focus on three simple common emulsions. These all are available commercially, but are so much better homemade. Together we will make: vinaigrette, mayonnaise & whipped cream.

Vinaigrette:

Can be elaborate or simple. I advocate for simple; however, I suggest using high-quality oils & vinegars as their flavors will really shine through & also for the nutritional value of mixing oils. This is what we keep in our pantry:

Oils: Olive, walnut, hazelnut, sesame, avocado

Vinegars: red wine, apple cider, coconut, rice, balsamic, ume plum, and most recently, a Chinese black fermented one

Mustards: whole grain, Dijon, yellow.

Basic Vinaigrette:

This is the basic vinaigrette I learned as a child. I always wanted to help with cooking & I was entrusted to make it for the family meal very early on.

Making should take 5 minutes

- 1tsp dijon mustard
- 1tbsp vinegar
 - recipes often call for a bit more vinegar than that, but it's always up to you*
- 3 tbsp oil
 - always use great quality oils, I prefer organic raw & unrefined*
- salt & freshly ground pepper to taste

Mix salt/mustard/vinegar thoroughly, then mix in the oil. It can all be done at the bottom of your salad bowl holding 2-3 servings.

If you want the result to be an emulsion, start by whisking the salt/mustard/vinegar as above. And then drizzling in the oil in a slow, steady stream as you keep whisking. It will never become as solid as a mayonnaise, but it will definitely be creamier the quicker you mix it.

If you are a beginner cook, or want to entice your kids to eat salads, making a simple dressing is a great way to start them cooking & be creative with variations.

For our home daily basic dressing — we do eat a salad every night — we don't use mustard but add very thinly-cut mixed shallots. Pierre, my husband is the one who usually makes it. He mixes 3 kinds of oils & vinegars & varies the combination. It's always delicious. My only request is not to



add not too much balsamic vinegar, as I am not a fan, except for specific uses, but to use just a touch to balance acidity.

Homemade vinaigrette keeps well for 7 to 10 days in the fridge, though we prefer to make it as needed.

You will find many recipes on line but again try things out & if you are really pressed for time, this is what I do, what the video [here](#).

Another salad recipe I suggest & a staple at our house is a very healthy green or red cabbage coleslaw:



Purple Green/Cabbage:

- 1/2 red or green cabbage head sliced thinly
- 1 diced onion
- 1 diced apple
- 1 diced celery rib
- Chopped walnuts and/or almonds

Moisten all the ingredients with olive oil. Drizzle with vinegar — it can be apple cider, or rice or light wine vinegar. Add a dash of toasted sesame oil —very little because the goal is to use it to highlight the ingredients not to really taste it. Then add fresh chopped Italian parsley, salt & pepper to taste.

The culinary & healing possibilities of cabbage are not a new trend! The Greeks & Romans were using cabbage mainly as medicine rather than food. Hippocrates — 460 BC & considered the father of medicine & Pliny the Elder praised cabbage very highly. Hippocrates recommended cabbage for kidney diseases, dysentery as well as increasing the amount of milk in nursing mothers. Pliny —first century AD who wrote a 37-volume Natural History mentions cabbage as an ingredient in 87 remedies. More info on cabbage on [my blog](#).

Mayonnaise:

Whether the origin of mayonnaise comes from the Minorcan town of Mahón (mahonesa) or from the city of Bayonne (bayonnaise), the French Southwestern coastal port, chances are we will never know. The Mahón story/legend is phonetically appealing & plausible; the story goes that in 1756 the Duke of Richelieu defeated the British in Mahón. The cooks in charge needed to figure out a sauce, since cream was not available, they created the now famous *mahonesa*. This story doesn't preclude the possibility that the *mahonesa* may have been inspired by a local sauce, or even been an existing sauce called by that name. Another famous variation on the original mayonnaise is sauce Aïoli from Provence. I'll let you go down the rabbit hole to try finding more information, I chased it for a while but nothing definitive has surfaced as yet.

Ingredients:

- 1 large egg yolk
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh lemon juice
- Coarse salt
- White pepper
- 1 cup of oil



I suggest mixing avocado & olive oil. Unless you are making an Aïoli then I'd use olive oil only & add garlic.

Directions:

Stabilize your salad bowl with paper or a damp cloth to prevent the bowl from sliding & to leave both hands free.

Place egg yolk & mustard in a bowl.

Whisk together until mixture is smooth & thoroughly mixed.

Drizzle in 1 or 2 tbsp of the oil in slowly & while whisking constantly.

Once it starts thickening, keep adding the oil in a very slow, steady stream & continue whisking until all the oil is incorporated & the sauce thickens & is emulsified. Now add lemon juice, 1/4 teaspoon salt, and a pinch of pepper.

Use immediately or refrigerate in an airtight container for up to 1 week.

Variations:

Sauce Rémoulade

Rémoulade sauce is a popular condiment. It mainly consists of mayonnaise, shallots, capers, mustard and parsley.

Aïoli



The names mean "garlic & oil" in Catalan and Occitan. The most common version of the sauce today is basically a garlic mayonnaise. Whereas the "ur" version lacks egg yolk, it contains a good amount of garlic & the emulsion is made with mortar & pestle. The latter gives the sauce a pastier texture, making it more laborious to produce because the emulsion is harder to stabilize.

Œuf Mayonnaise & Œuf Mimosa

Œuf Mayonnaise, often called *Œuf mayo*, is very simple. A large egg, almost hard-boiled, so the yolk retains a little creaminess, is chilled, peeled & halved lengthwise. The halves are presented face down on a plate like little domes. Then, the egg halves are topped with a mayonnaise sauce. Since 2018, the Association for the Protection of Egg Mayonnaise (A.S.O.M.) holds an annual world championship for the best œuf mayonnaise!



Œuf Mimosa, uses the same ingredients as the œuf mayonnaise but requires more elaborate preparation & decoration.

Directions:

Peel your eggs & halve them. Remove the yolks, place them in a shallow plate & mash them thoroughly with a fork. Mix that mixture with your mayonnaise, spoon the mixture into a pastry bag fitted with the star tip. Pipe the filling into the white halves. Garnish with paprika & sprigs of parsley.



Crème Chantilly / Whipped Cream



This principle of coagulation by agitation will result in a magnificent light, divine cream. But be careful not to over-whip your cream, or it will turn into butter when the fat molecules in the cream clump together and separate from the liquid. You will end up with butter & a remaining liquid called buttermilk! So please! *Whisk don't churn* – which also the title of one of my cds!

The cream was supposedly named by François Vatel, who officiated as the maître d'hôtel or majordomo at the Château de Chantilly. Vatel was responsible for an extravagant banquet for 2,000 people hosted in honor of Louis XIV by the Grand Condé in April 1671 at the Château de Chantilly, where Vatel died. According to a letter by Madame de Sévigné, Vatel was so distraught about the lateness of the seafood delivery & about other mishaps that he died by suicide, running himself through with his sword, his body was discovered when someone came to tell him of the arrival of the fish. In the movie *Vatel* with Gérard Depardieu, there is a scene where he “invents” la Crème Chantilly as topping for a dessert. But according to Joseph Favre in his *Dictionnaire Universel de la Cuisine*, this type of cream was known by the Romans, who would have mixed it with honey & spices. It does make sense that people had found out that heavy cream can double in volume when whipped & that it was and is delicious, especially flavored with honey!

Ingredients:

- 200 ml heavy cream or heavy whipping cream (around 35% of butterfat)
- 20g powdered sugar or honey
- 1 tsp real vanilla extract

Directions:



• 1 hour in advance: put the cream & the container in the refrigerator — or 15 minutes in the freezer — do use well-refrigerated products.

• Pour the cream in a large bowl — a bigger bowl makes it easier, it means you can make bigger movements with the whisk & also have room to whisk as the cream will expand in volume.

- Start whisking. Whip gently at first, with regular & airy movements, especially at the beginning to integrate as much air as possible into the cream.
- Once soft peaks have formed add the sugar, or the honey. Increase the pace & the movement as the cream thickens to "tighten" the cream — a big whisk will work quicker.
- You will know your Chantilly/whipped cream is perfect when it forms stiff peaks that keep their shape. If you dip the whisk in the cream, the cream forms peaks which hold on their own.



Variations:



This whipped cream is the perfect topping to cakes, pies, ice-cream. A dollop in your coffee or hot chocolate, or served with fresh berries...so many possibilities!

Questions?
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