

Vegan Mayonnaise

Ingredients:

This recipe yields a scant cup of mayonnaise. One 15-ounce can of garbanzo beans has enough juice for two batches of mayonnaise.

¼ cup (50g) liquid from a can of garbanzo beans
½ tsp salt
¾ tsp mustard
A splash of lemon
⅔ cup and 4 TBS (200 ml) sunflower oil

Directions:

Put all the ingredients (except the oil) in your immersion container. Mix to combine the ingredients. Now, slowly add the oil while moving the blender up and down. Stop when it becomes solid.

Guten Appetit!

The recipe is from *Thomas kocht*

Here is the link

Posted by sunnycovechef.com

What to do with the actual garbanzo beans? Make humus, put them in a salad, or roast them for a snack. Here is Melissa Clark's recipe from the *NYT* for roasted chickpeas using *Za'atar*, a Middle Eastern spice mix made from dried thyme, sumac, and sesame seeds. This gives the chickpeas a tangy bite. I enjoy snacking on them.

Ingredients:

1 15 ½ ounce can of garbanzo beans
½ TBS olive oil
1 TBS. Za'atar
¼-½ tsp. salt

Directions:

Rinse the chickpeas, pat them dry and let them dry for an hour.

Heat the oven to 400 degrees.

Line a cookie sheet with parchment paper, spreading the beans evenly. Bake them in the center of the preheated oven for 30 minutes or until they are crunchy, shaking and rotating them every 10 minutes.

Place the chickpeas in a bowl and drizzle with olive oil, za'atar and salt. Store them in an airtight container for up to a week.

Recipe from Maureen Abood, written and adapted for the *NYT* by Melissa Clark

Adapted again by Sunnycovechef.com

