

# Bacon Mayonnaise

*W. Wayt Gibbs - Associated Press  
Palm Beach Post*

## **Yield: 2 cups**

*1 pound bacon  
canola oil (if needed)  
5 tablespoons (four yolks) egg yolks  
3 tablespoons water  
1 1/2 tablespoons Dijon mustard  
1/4 teaspoon xanthan gum  
1 1/2 tablespoons lemon juice  
2 1/2 tablespoons white wine vinegar  
salt (to taste)*

In a large skillet over medium-high heat, fry the bacon until crisp. You likely will need to work in batches. As the bacon is fried, transfer it to a paper towel-lined plate. Pour the bacon fat from the pan into a two-cup liquid measuring cup. Check the volume. If you don't have 1-1/3 cups, top it off with canola oil.

Use a rolling pin or meat mallet to crush enough of the bacon to make one-half cup of fine bacon bits. Reserve the additional bacon for use as garnish on a potato salad recipe.

In a medium bowl, whisk together the egg yolks, water and mustard until smooth. While whisking, gradually pour the reserved bacon fat into the yolk mixture, whisking until fully emulsified. While continuing to whisk, slowly sprinkle in the xanthan gum. The gum will cause the sauce to thicken.

Mix in the one-half cup of bacon bits. Add the lemon juice, white wine vinegar and salt as needed to adjust the acidity and seasoning.

Use the mayonnaise cold but allow it to temper at room temperature for 10 minutes before serving.

*This recipe is designed to be used with a Fingerling Potato Salad recipe found under Side Dishes/ Potatoes.*

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Per Serving (excluding unknown items): 2940 Calories; 250g Fat (77.6% calories from fat); 153g Protein; 9g Carbohydrate; 1g Dietary Fiber; 1449mg Cholesterol; 7565mg Sodium. Exchanges: 20 Lean Meat; 0 Fruit; 36 Fat; 0 Other Carbohydrates.

Sauces

## Per Serving Nutritional Analysis

Calories (kcal):	2940
% Calories from Fat:	77.6%
% Calories from Carbohydrates:	1.3%
% Calories from Protein:	21.1%
Total Fat (g):	250g
Saturated Fat (g):	87g
Monounsaturated Fat (g):	117g
Polyunsaturated Fat (g):	29g
Cholesterol (mg):	1449mg
Carbohydrate (g):	9g
Dietary Fiber (g):	1g
Protein (g):	153g
Sodium (mg):	7565mg
Potassium (mg):	2379mg
Calcium (mg):	191mg
Iron (mg):	11mg
Zinc (mg):	17mg
Vitamin C (mg):	163mg
Vitamin A (i.u.):	1619IU
Vitamin A (r.e.):	485RE

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	10.4mcg
Thiamin B1 (mg):	3.0mg
Riboflavin B2 (mg):	1.2mg
Folacin (mcg):	148mcg
Niacin (mg):	33mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	20
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	36
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories	2940	Calories from Fat: 2282
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		% Daily Values*
<b>Total Fat</b>	250g	384%
Saturated Fat	87g	434%
<b>Cholesterol</b>	1449mg	483%
<b>Sodium</b>	7565mg	315%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	1g	3%
<b>Protein</b>	153g	
<b>Vitamin A</b>		32%
<b>Vitamin C</b>		271%
<b>Calcium</b>		19%
<b>Iron</b>		60%

\* Percent Daily Values are based on a 2000 calorie diet.