

# Farmer's Wife's Mayonnaise (Mayonnaise Fermiere)

Louissette Bertholle (*La Cuisine Des Saisons*)  
*The Good Cook Sauces - Time-Life Books*

*3/4 cup mayonnaise*  
*1 cup farmer cheese or softened cream cheese*  
*2 or 3 red peppers (roasted, peeled, halved, seeded, deribbed and chopped)*  
*2 small scallions, quartered*  
*salt*  
*freshly ground black pepper*  
*cayenne pepper or paprika*  
*fresh lemon juice*

Sieve the cheese into a bowl. Stir in the red peppers, then work in the mayonnaise, a spoonful at a time. Beat the sauce with a whisk until smooth.

Using a garlic press, squeeze the juice of the scallions into the sauce. Season the sauce to taste with salt, black pepper and cayenne pepper or paprika. Mix in a few drops of lemon juice.

Transfer the sauce to a sauceboat for serving.

*This is a cold sauce to be eaten with crudites.*

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Per Serving (excluding unknown items): 1192 Calories; 140g Fat (98.6% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 943mg Sodium. Exchanges: 1/2 Vegetable; 12 Fat.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	1192	Vitamin B6 (mg):	.9mg
% Calories from Fat:	98.6%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	0.7%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	140g	Folacin (mcg):	32mcg
Saturated Fat (g):	19g	Niacin (mg):	trace
Monounsaturated Fat (g):	37g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	68g	Alcohol (kcal):	0
Cholesterol (mg):	58mg	% Refuse:	0.0%

Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	943mg
Potassium (mg):	139mg
Calcium (mg):	51mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	578IU
Vitamin A (r.e.):	104RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	12
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	1192	Calories from Fat: 1175
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### % Daily Values\*

<b>Total Fat</b>	140g	216%
Saturated Fat	19g	97%
<b>Cholesterol</b>	58mg	19%
<b>Sodium</b>	943mg	39%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	1g	3%
<b>Protein</b>	2g	
<b>Vitamin A</b>		12%
<b>Vitamin C</b>		9%
<b>Calcium</b>		5%
<b>Iron</b>		7%

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