

Egg Salad

The goal of the Egg Fast is to have 8-10 eggs a day along with 1 Tbsp of fat per egg (butter is best, but cheese works well also). So let's mix it up with some egg salad OR (same ingredients) deviled eggs! [Is deviled spelled with one L or two? I'm Anglo-American, so my spelling varies.]

Ingredients:

Seven eggs (or however many you want to boil up)

One batch mayonnaise

Garnish: smoked paprika, fresh herbs, a touch of mustard... whatever you like!

Boiled eggs so that they are somewhere between soft and hard boiled – what I think of as 'jammy' centers:

1. Fill a medium sized saucepan to three-quarters full and bring to the boil over high heat.
2. Use a ladle to gently place each egg into the boiling water. Replace the lid.
3. Immediately set a timer for 7 minutes. As soon as the timer goes, take pan off the heat.
4. Pour off the water and replace with cold tap water. Wait five minutes, then shell the eggs and set aside to cool -- although I like to sprinkle one with salt and eat while still warm!

Carnivore Mayonnaise

115g (4 oz) cream cheese – Philadelphia original cheese is pretty clean

115g (4 oz) sour cream OR full-fat (whole milk) Greek Yogurt

50g (two tablespoons) unsalted butter, melted

A squirt of lemon juice OR a splash of white wine vinegar

Powdered garlic, salt and pepper to taste

Method:

1. Place all ingredients in the blender or NutriBullet and process for one minute.
2. Scrape down the bowl, process again; scrape down the bowl, process for a third time.
3. Taste, adjust the seasonings, process again if necessary. Store for two hours before using.

Method for Egg Salad:

1. Using a fork, mash the eggs – whites and yolks together.
2. Add mayonnaise and mix well. Sample and season to taste – maybe a little mustard, or some chopped fresh chervil, dill, savory, oregano... whatever you fancy.

Method for Deviled Eggs:

1. Slice each egg along the longer axis, and scoop out the yolks into a medium-small bowl. Set aside the whites for the moment.
2. Add mayonnaise to the yolks and mix well until perfectly smooth. Sample and season to taste – maybe a little mustard, and/or smoked paprika, a little extra ground pepper.
3. Pile the yolk mixture into the whites, and sprinkle with smoked paprika.