



Understanding Mayo: Lessons from Duke's Mayonnaise

Mayo 101

- Believe it or not, there's a national standard for mayo. Mayonnaise, as defined by the U.S. Food and Drug Administration must contain vinegar, egg or egg yolks, and at least 65% oil by weight. It may contain spices and natural seasonings except turmeric and saffron, since yellow color might suggest added egg yolk.
- Duke's regular mayonnaise is the only major mayonnaise on the market that contains no sugar. This is especially important for those with diabetes, or anyone watching their sugar intake. Duke's mayonnaise contains soybean oil, eggs, water, vinegar, salt, oleoresin paprika, natural flavors calcium disodium EDTA to protect flavor.
- Duke's offers Fat-Free, Cholesterol-Free and Light versions of its mayonnaise products.

Cooking Tips

- Add onion soup mix to mayonnaise for a savory hamburger spread.
- Mix Duke's mayonnaise with Sauer's mustard and add honey to create a restaurant-style honey mustard dipping sauce.
- Do not freeze mayonnaise or salads containing mayonnaise. However, if you use mayonnaise in place of fat in baking, that product can then be frozen.
- Add chopped capers, chopped olives, chopped gherkins, and lemon juice to Duke's mayonnaise for a wonderful seafood sauce and sandwich spread.
- Duke's regular, reduced fat and reduced calorie mayonnaises are interchangeable in most recipes, including baked goods. However, the flavors of strong seasonings – for instance, some herbs and vinegars – may be more prominent in recipes prepared with low-fat mayonnaise dressings.

Mayonnaise and Food Safety

- Unopened jars of mayonnaise may be stored at room temperature. Refrigerate the jars after opening to keep the fresh flavor of the Duke's mayonnaise. High temperatures will accelerate loss of fresh flavor, while exposure to freezing or near freezing temperatures can change the consistency, texture, and thickness.
- Freezing dishes or sandwiches made with mayonnaise is not generally recommended. The results may not always be successful, depending on the type of recipe and the amount of mayonnaise used. However, baked goods prepared with mayonnaise used as shortening tend to freeze well.
- The eggs used in Duke's mayonnaise are pasteurized (heated but not cooked) to destroy pathogens, such as salmonella, that can cause illness.

Where to Find Duke's Mayonnaise

Duke's is available at most supermarkets and grocery stores in the Southeast including Wal-Mart, BI-LO, Bruno's, Food Lion, Publix, Winn-Dixie and Harris Teeter. Duke's products can also be ordered online at <http://orders.cfsauer.com/>.

About Duke's Mayonnaise

Duke's Mayonnaise is the creation of Mrs. Eugenia Duke of Greenville, South Carolina, who got her start in the early 1917 by preparing and selling sandwiches to soldiers stationed at nearby Fort Sevier. Her success was credited to the homemade mayonnaise she used. After World War I, soldiers who had been stationed at Fort Sevier began writing to Eugenia asking for her mayonnaise recipe. With this in mind, Eugenia gave up sandwich making and began to focus on the spread – thus Duke's Mayonnaise was born. C.F. Sauer purchased the company in 1929 and brought Eugenia on as a salesperson. Today, Duke's holds true to its Southern roots and uses the same all-natural family recipe created by Eugenia years ago. Find out more about Duke's at www.dukesmayo.com.

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