



## Expanded Uses Guide

GO FROM  
MEH.



TO  
MARVELOUS!



## The Mayo That Makes the Difference



The superior performance of Hellmann's® Mayonnaise makes it the choice for sandwiches, bound salads, dressings and dips, but there are all kinds of other uses that can help your dishes stand apart.

### Hellmann's® Real Mayonnaise

Inspiration	How	Why
1. Grilled Cheese/ Griddled Sandwiches	Use as spread instead of or in combination with butter.	Mayo adds a rich flavour and browns evenly for a golden crust that stands up to higher temps. It also spreads more easily.
2. Fish or Vegetable Coating	Brush on fish fillets or vegetables like ears of corn before grilling or pan searing.	Creates a barrier that keeps fish moist during the cooking process, resulting in flakier, more tender fish. Vegetables are enhanced by the flavour and seasonings will adhere more easily.
3. Roast Meat Coating	Brush on meat before roasting.	It enhances flavour, keeps meat moist, and promotes even browning.
4. Grilling	Lightly brush a thin layer of mayo over meats (fish, chicken, steak, etc.) before grilling. Can be used to replace oil.	The mayo prevents meats from sticking to the grill while also creating a barrier to lock in moisture and flavour.
5. Sauce Thickener	Use mayo instead of butter to finish a pan sauce.	The mayo reinforces the sauce and brings creaminess and body without overpowering the flavours. It's excellent as a briny seafood sauce for mussels.
6. Baking (muffins, corn or zucchini breads)	Omit the oil and eggs in the recipe and replace with mayo.	Use this idea to add moisture and flavour to various baked dishes.
7. Baked Bread Topping	Mix mayo with butter, cheeses, and seasonings and spread mixture over bread. Bake until cheese is melted and golden brown.	While the butter melts into the bread, the mayo holds up on top, creating a decadent, creamy topping.
8. Mashed Potato Enhancer	Mix in mayo while you're mashing your potatoes. Experiment with ratios to dial in the exact flavour you're looking for.	This will make them creamy and rich. It's similar to adding sour cream but with more tanginess.
9. A Quick Alfredo Sauce	Melt butter in a skillet, then add heavy cream, mayo and a dash of nutmeg. Cook, stirring frequently, over low heat, until warm. Stir in 1-1/4 cups parmesan cheese.	Use this application to make a nice velvety sauce without having to start with a roux.
10. Scrambled Eggs	Add a dollop of mayo to whisked eggs before cooking instead of milk or sour cream.	It adds just the right amount of creaminess without creating runny eggs. Plus it keeps them fluffy and moist after cooking.



### Hellmann's® 1/2 the Fat Mayonnaise

Inspiration	How	Why
Bound Salads	Use to make bound salads like tuna, egg, potato and chicken.	1/2 the Fat Mayo has better binding properties than regular mayo. Since there's less liquid separation, it's ideal for longer lasting bound salads.

Visit [ufs.com](https://www.ufs.com) to view nutritional information, product specifications and recipe inspiration.

©Unilever 2020. Trademark owned and used under license by Unilever Canada Inc. UC 01/20

