

“Spiedo” Sauce

Central New York's “mayonnaise”

Spiedo Sauce is what I call Central NY Mayo. It is common on many varieties of “Spiedies” and can also be used as the dressing when Spiedies are served as part of a salad.



- 1 large egg
- 1 medium clove garlic
- 2 tablespoons lemon juice
- 1/4 cup white vinegar
- 1 cup olive oil
- 1/4 cup sour cream
- 1 pinch Kosher salt
- 1 pinch freshly ground black pepper

1. Combine all ingredients in a tall wide mouth mason jar or other sturdy container and allow to rest several minutes.
2. Place the immersion blender in the mason jar and begin to slowly mix the mayonnaise. It will begin to emulsify immediately but keep it going for at least 45 seconds to 1 minute.
3. Use right away or place in an airtight container and store for up to 7 days.