

Eggnog

Eggnog started out as a medieval drink made with ale and then later with rum, where it was called egg-n-grog. By 1693 it became known as Eggnog. This is an old family recipe that makes the best eggnog I've ever had. It is best made the day before and served the next day, if you can wait that long!

Ingredients

12 egg yolks
6 egg whites
1 lb. powdered sugar
1 quart bourbon, rum, or brandy
1 quart whipping cream
1 quart half and half
1 quart Homogenized whole milk
½ tsp. salt
Nutmeg

Utensils

Measuring cup
Measuring spoons
Sifter
2 Small bowls
3 Mixing bowls
Electric mixer
Punch bowl
Punch cups
Ladle
Nutmeg grater

Combine whipping cream and half and half in a mixing bowl. In another mixing bowl, beat egg yolks until they are light. Gradually beat in powdered sugar to the egg yolks. Very slowly, beating constantly, add the liquor. Then beat in the cream mixture, and then add the milk. In a separate mixing bowl whip the egg whites and salt until stiff. Fold the stiff egg whites into the mixture and serve with fresh ground nutmeg.

Makes 5 quarts.