

EGGNOG

Joy of Cooking

Irma S. Rombauer and Marion Rombauer Becker

Recipe makes approximately 1 gallon of eggnog.

I'll add, right up front: The recipe calls for a LOT of booze. I'm a wuss so I stick to about a cup of my favorite Captain Morgan's Spiced Rum. I'm pretty sure anyone adding as much as this recipe calls for will see a number of their guests happily sliding under the table after imbibing a cup or two. However, the authors cite an expert on the matter, so who am I to quibble? According to Mark Twain, "too much of anything is bad, but too much whisky is just enough."

INGREDIENTS

- 12 egg yolks
- 1 lb. confectioner's sugar
- 2 to 4 cups of liquor (Or not! See my notes below!)
- 2 quarts heavy whipping cream
- 8 to 12 egg whites

PREPARATION

Beat separately until light in color

12 egg yolks

Beat in gradually

1 lb. confectioner's sugar

Add very slowly, beating constantly

1 c. dark rum, brandy, bourbon, or rye (I'm partial to Captain Morgan's Spiced Rum)

These liquors form the basis of the "nog." You may choose one variety or mix to taste. The recipe calls for 2 cups, but I ALWAYS start at 1 cup and generally don't add much more.

Let mixture stand, covered, for 1 hour to dispel the "eggy" taste.

After 1 hour, add, beating constantly,

2 quarts whipping cream

2 to 4 cups of liquor (Yikes! I've NEVER tried this! At most, I'll add an additional dollop of rum depending on taste after I've added the whipping cream, but that's it.)

1 cup peach brandy, if desired (I've never added it)

Refrigerate covered for 3 hours.

Beat until stiff but not dry

8 to 12 egg whites

Gently fold egg whites into the other ingredients

Serve sprinkled with fresh nutmeg and/or cinnamon to taste. (I prefer nutmeg.)

Yield is about 1 gallon

This is a *very* rich, *very* potent eggnog that's guaranteed to clog every artery you own. But what the heck? It's the holidays! We're all starting our new diets in January, anyway!