

Twist holiday traditions for eggnog "Yule"

Christmas holidays are especially rich with Old World traditions.

- Decorated trees and the exchange of gifts date back to ancient celebrations of winter.
- Mistletoe was thought to be a cure for infertility; hence the custom of kissing under its branches.
- Long-lived legends surround the use of holly. For centuries, it was hung in homes to provide refuge for friendly spirits from the inclemency of winter.
- Prickly holly is considered male; non-prickly holly, female. And whichever is brought into the home first at Christmastime is said to indicate whether the husband or wife will rule that year.

Many traditions and holiday celebrations, though, now have New World twists.

- St. Nicholas has become Santa Claus with his reindeer-powered sleigh.
- Festive foods include native American staples such as pumpkin and sweet potatoes next to the mince "pyes" and Yule logs of yesteryear.
- Inspired by such twists on tradition, here is a soon-to-be habit-forming transformations of the customary Christmas cocktail, eggnog.

¼ cup sugar, divided
 1 cup water
 2 envelopes unflavored gelatin
 1 cup Southern Comfort
 2 cups whipped whipping cream
 2 chocolate or graham cracker crumb pie crusts, each 8- or 9-inches
 Chocolate shavings.

Puree drained raspberries, pressing through a sieve to remove seeds; measure ½ cup. Beat egg whites until fluffy; gradually beat in ¼ cup sugar and continue beating until stiff peaks form.

Measure water into a small saucepan and sprinkle gelatin over the water. Place saucepan over low heat; stir constantly until gelatin dissolves, about 3 minutes. Remove from heat.

Beat egg yolks until thick and fluffy; gradually beat in remaining ¼ cup sugar. Slowly pour in dissolved gelatin, beating egg yolk mixture constantly. Then slowly beat Southern Comfort into egg yolk mixture. Stir ½ cup egg yolk mixture into measured raspberry puree, set aside.

Fold remaining egg yolk mixture into egg whites, using a spatula or wire whip, mixing gently and thoroughly. Then fold whipped cream into egg mixture. Spoon into pie crusts, dividing filling evenly. Drizzle or swirl raspberry mixture into filling of each pie. Chill at least 4 hours or overnight. Sprinkle top of each pie with chocolate shavings.

Makes 2 pies, 12 to 16 servings.



COMFORT SWIRL EGGNOG PIE

½ pint fresh raspberries or 1 (10-oz.) package frozen raspberries, thawed
 6 eggs, separated

Hanukkah

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Each serving is equivalent to: 1 serving Occasional Substitute; ¼ serving Fruit; 2 servings Extras.

ZUCCHINI LATKES

(Makes 4 midday or evening meal servings, about 4 latkes each; supplement as required)

2 cups coarsely grated zucchini
 ¼ teaspoon salt, divided
 ½ cup enriched all-purpose flour
 ½ teaspoon double-acting baking powder
 Dash pepper
 2 medium eggs
 2 tablespoons minced onion
 1/8 teaspoon minced fresh garlic
 ¼ cup skim milk
 Garnish: parsley sprigs and 4 cherry tomatoes

1. In a bowl combine zucchini with ½ teaspoon salt. Let stand for 30 minutes, then squeeze out excess liquid.
2. Sift flour, baking powder, pepper, and remaining salt onto sheet of wax paper; set aside.
3. In a bowl beat eggs until foamy. Stir in zucchini, onion, and garlic. Add flour mixture and milk alternately, stirring to combine after each addition.
4. Spray a 9-inch nonstick skillet with nonstick cooking spray and heat. Drop batter by heaping tablespoonsful into hot skillet and cook over medium heat until underside is lightly browned. Turn latkes and brown other side. Repeat until all batter has been used. Serve garnished with parsley and cherry tomatoes.

Each serving is equivalent to: 1-1/5 servings Vegetables; 4/5 serving Bread; ½ Egg; 1½ teaspoons Limited Vegetables; 1 tablespoon Skim Milk.

OATMEAL-RAISIN COOKIES

(Makes 4 midday or evening meal servings, 4 cookies each, supplement as required.)

½ cup less 1½ teaspoons enriched all-purpose flour
 Artificial sweetener to equal 2 teaspoons sugar
 ½ teaspoon double-acting baking powder
 ¼ teaspoon baking soda
 ¼ teaspoon ground cinnamon
 2 medium eggs
 2 teaspoons granulated sugar
 1 tablespoon plus 1 teaspoon vegetable oil
 ¼ ounce uncooked quick oats
 ¼ cup raisins, coarsely chopped

1. Sift flour, sweetener, baking powder, baking soda, and cinnamon into bowl or onto sheet of wax paper.
2. In another bowl beat eggs with sugar until very foamy. Beat in oil, gradually stir in sifted dry ingredients and oats. Fold in raisins.
3. Preheat oven to 375°F. Spray a baking sheet with non-stick cooking spray. Form 16 cookies by dropping batter onto baking sheet by heaping teaspoonful, leaving about 1½ inches between each.
4. Bake until cookies are browned, about 8 to 10 minutes. Using a spatula, transfer cookies to racks to cool.

Each serving is equivalent to: 1 serving Bread; ½ Egg; 1 servings Extras; 1 serving Fat; ½ serving Fruit.

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