

# LIVING SECTION

## Easy eggnog brightens holiday



Eggnog, easily made from scratch, will delight guests and family alike this holiday season. Use leftovers for a scrumptious eggnog pie.

Which holiday drink fits both the festive season and the pocketbook?

The host or hostess at home as well as those in well-known restaurants may attempt to prepare something different—but the perennial favorite at Holiday time is eggnog.

The association between eggnog and the holidays dates back to long ago. The word "eggnog" probably came from an old English term, "noggin," meaning a small cup a similar drink was served in centuries ago. Of the many ways to prepare eggnog, a special made-from-scratch recipe may be the answer for those looking for an economical, holiday refreshment.

•Eggnog eliminates the expense of stocking a bar. Eggnog and a fruit-based punch make a complete and festive party fare, and the savings are considerable when compared to the cost of stocking a bar.

•It's economical in other ways, too. During the past 27 years, the cost of a dozen eggs has risen by only 18 cents.

•The eggnog is no time-waster, either. It takes just a few minutes to prepare this delicious homemade treat.

•Eggnog is a drink and dessert in one. The sweet creamy drink usually conquers even the serious sweet tooth and satisfies the need for dessert or additional calories.

•There are no leftovers to worry about with eggnog. Transform any unused eggnog into a sumptuous eggnog pie. The following recipe shows how. In fact, you may just want to make sure you'll have some extra to transform into this easy and elegant dessert.

For those who are still hesitant about preparing eggnog from scratch, remember that egg yolks and whites are easiest to separate when they are cold; so it's best to separate them right out of the refrigerator. However, egg whites should remain at room temperature for half an hour or so before whipping, and they should be whipped in a non-plastic bowl. Ultra-pasteurized heavy whipping cream is more difficult to whip so choose non-ultra-pasteurized whipping cream, as long as you don't plan on storing it for more than one week. Keep in mind that a small bowl is best for whipping cream because it allows the beaters or whisks to incorporate more air.

If a punch bowl of from-scratch eggnog is too much, though, one or two can still partake in the festivities by following the "Easy Banana Nog" recipe.

### HOMEMADE EGGNOG

- 6 eggs, separated
- ¼ cup superfine granulated sugar (ordinary granulated sugar may be substituted)
- 2 cups heavy whipping cream, whipped
- 1 cup milk
- 2 cups of your favorite liquor
- Nutmeg to taste

In a punch bowl with an electric hand mixer, beat the egg yolks until they are thick and fluffy and lighter in color; gradually add sugar and mix until it is completely dissolved. Add to the yolk mixture the whipped cream, cream and milk, stirring well. Add, still stirring, the liquor. Chill this mixture until ready to serve.

Just before serving, beat the egg whites to the consistency of shaving cream and stir thoroughly into the eggnog in the punch bowl. Dust with nutmeg to taste, freshly grated if possible.

Makes about 2 quarts, which is 10 servings at about 5 ounces each. Double or triple the recipe to accommodate your holiday crowd.

### HOMEMADE EGGNOG PIE

- 1 envelope unflavored gelatin
- 3 cups eggnog (from Homemade Eggnog recipe)
- 1 prepared 9" graham cracker pie crust
- 1 cup heavy whipping cream, whipped
- Chocolate shavings (made by scraping the side of a bar of cooking chocolate with a vegetable peeler)

Sprinkle the gelatin over ¼-cup of water in a small saucepan; let gelatin soften for five minutes. Put the saucepan over the lowest heat and cook without stirring until gelatin has melted and mixture is clear. Cool for five minutes.

Stir together thoroughly the softened gelatin and eggnog. Pour into the pie crust. Cover with plastic wrap and chill for at least two hours, or overnight, if possible.

Spread whipped cream over the top of the pie and sprinkle with chocolate shavings.

### EASY BANANA NOG

- 1 ripe banana, peeled and cut up
- 6 ounces (¾-cup) milk
- 1 ounce (2 tablespoons) liquor
- Nutmeg to taste

Put banana, milk and liquor into a blender and process until well-blended. Serve in a tall glass and garnish with a sprinkling of nutmeg. Makes one serving.



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