
Daddy`s Egnog

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

4 eggs, separated
1/2 cup suagr
1/4 teaspoon salt
3/4 cup bourbon
3/4 cup milk
1/2 pint whipping cream
2 tablespoons sugar
nutmeg (for sprinkling)

In a bowl, cream the egg yolks with 1/2 cup of sugar. Add 1/4 teaspoon of salt. Beat until fluffy.

Add the bourbon and milk.

Whip 1/2 pint of cream. Fold into the egg yolk mixture.

In a bowl, beat the egg yolks to soft peaks, adding two tablespoons of sugar. Fold into the mixture.

Refrigerate.

Sprinkle nutmeg on top when serving.

Yield: 1 quart

Per Serving (excluding unknown items): 1743 Calories; 114g Fat (76.7% calories from fat); 36g Protein; 42g Carbohydrate; 0g Dietary Fiber; 1199mg Cholesterol; 994mg Sodium. Exchanges: 3 Lean Meat; 1 1/2 Non-Fat Milk; 20 1/2 Fat; 1 1/2 Other Carbohydrates.