

## Beverages

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# Egg Nog

Dixie Crystals Sugar

**Preparation Time: 20 minutes**

**1 quart half-and-half, fat free**  
**1/3 cup Imperial Sugar extra fine granulated sugar**  
**1 tablespoon Imperial Sugar extra fine granulated sugar**  
**pinch salt**  
**1/2 teaspoon nutmeg**  
**3 whole cloves**  
**3 cinnamon sticks**  
**2 tablespoons vanilla extract**  
**6 egg yolks**  
**7 tablespoons bourbon**  
**1/2 cup pasteurized egg whites**  
**2 tablespoons Imperial Sugar extra fine granulated sugar**

In a large saucepan, bring the half-and-half, sugar, salt, nutmeg, cloves, cinnamon sticks and vanilla extract to a boil.

In a separate bowl, whisk the egg yolks until smooth. Add a few tablespoons of the boiled half-and-half to the egg yolks and whisk quickly. Add about 1/4 cup more of the boiled mixture and whisk smooth. Repeat with another small amount and gradually add the remaining amount.

Add the bourbon and, for the very best flavor, allow to cool overnight in the refrigerator.

Whisk the egg whites and the remaining sugar to stiff peaks and fold into the cold eggnog.

Pour into glasses and, if desired, add a sprinkle of nutmeg.

Yield: 1 quart

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Per Serving (excluding unknown items): 1490 Calories; 36g Fat (32.6% calories from fat); 19g Protein; 150g Carbohydrate; 29g Dietary Fiber; 1276mg Cholesterol; 1061mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 7 1/2 Non-Fat Milk; 5 1/2 Fat.