

Holiday Eggnog

Tom Phillips

Local 1155 Women's Committee Cookbook, Alabama

Yield: 1 1/2 quarts

6 eggs

1/2 cup sugar

1/4 teaspoon salt

3 cups milk

1 teaspoon vanilla extract

1/2 teaspoon ground

nutmeg

1 cup whipping cream

In a large saucepan, beat together the eggs sugar and salt. Stir in the milk. Cook over low heat, stirring constantly, until the mixture is thick enough to coat a metal spoon, about 15 minutes. (A thermometer should read 160 degrees.). Remove from the heat.

Stir in the vanilla and nutmeg. Cover and refrigerate until thoroughly chilled, several hours or overnight.

Just before serving, in a bowl, beat the whipping cream until soft peaks form. With a wire whisk, gently fold the whipped cream into the custard mixture.

Serve, if desired, with additional nutmeg.

Per Serving (excluding unknown items): 2120 Calories; 143g Fat (60.3% calories from fat); 67g Protein; 145g Carbohydrate; trace Dietary Fiber; 1698mg Cholesterol; 1402mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 3 1/2 Non-Fat Milk; 24 1/2 Fat; 6 1/2 Other Carbohydrates.