

Pumpkin Spiced Egg Nog

Noelle Carter - Los Angeles Times
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Servings: 12

3/4 cup heavy cream
6 eggs, separated
1/2 cup sugar
1 cup dark rum
1 teaspoon ground cinnamon
1/4 teaspoon ground allspice
1/2 teaspoon ground nutmeg
1/2 teaspoon finely ground ginger
3/4 cup milk
1/2 cup pumpkin puree'
cinnamon sticks or ground nutmeg for garnish

In the bowl of a stand-alone mixer, or in a large chilled bowl using a hand mixer, beat the cream to stiff peaks, about 3 minutes. Cover and refrigerate until needed.

In a large bowl, whisk together the egg yolks and one-half cup of sugar until combined and frothy. Whisk in the rum.

Set the bowl over a large pot of simmering water, making sure that the bottom of the bowl does not touch the water. Continue to whisk until the mixture increases in volume and thickens, 3 to 5 minutes. Remove the bowl from the heat and place it over a large bowl of ice water, whisking to cool the mixture. Refrigerate until needed.

In the bowl of a stand mixer, or in a large bowl using a hand mixer, beat the egg whites until frothy. Gradually sprinkle over the cinnamon, allspice, nutmeg, ginger and two teaspoons of sugar, a little at a time. Continue to beat until stiff peaks form. In a separate bowl, whisk together the milk and pumpkin puree' until smooth. Set aside.

Fold the whipped cream gently into the chilled egg yolks, then, again very gently, fold in the beaten egg whites and milk mixture, each a little at a time, until incorporated. Refrigerate until ready to serve.

To serve, pour into chilled glasses or eggnog cups (or demitasse cups), with a stick of cinnamon or a pinch of nutmeg. The cocktail will keep for one day, covered and refrigerated.

Per Serving (excluding unknown items): 174 Calories; 9g Fat (58.1% calories from fat); 4g Protein; 10g Carbohydrate; trace Dietary Fiber; 128mg Cholesterol; 48mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	174	Vitamin B6 (mg):	trace
% Calories from Fat:	58.1%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	29.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	9g	Folacin (mcg):	13mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	43
Cholesterol (mg):	128mg	% Refused:	n.n%
Carbohydrate (g):	10g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	48mg	Vegetable:	0
Potassium (mg):	70mg	Fruit:	0
Calcium (mg):	44mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	trace		
Vitamin A (i.u.):	361IU		
Vitamin A (r.e.):	103 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 174 Calories from Fat: 101

% Daily Values*

Total Fat	9g	13%
Saturated Fat	5g	23%
Cholesterol	128mg	43%
Sodium	48mg	2%
Total Carbohydrates	10g	3%
Dietary Fiber	trace	1%
Protein	4g	
Vitamin A		7%
Vitamin C		1%
Calcium		4%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.