
Southern Eggnog

The Essential Southern Living Cookbook

Preparation Time: 10 minutes

Start to Finish Time: 24 hours 30 minutes

1 quart milk

4 large eggs

1 cup granulated sugar

2 teaspoons vanilla extract

1/4 teaspoon table salt

2/3 cup bourbon

In a heavy non-aluminum saucepan over medium heat, heat the milk, stirring often, for 10 minutes or just until it begins to steam (Do not boil). Remove from the heat.

In a bowl, whisk together the eggs, sugar, vanilla extract and salt until blended. Gradually whisk one cup of the hot milk into the egg mixture. Whisk the egg mixture into the remaining hot milk.

Cook over medium heat, stirring constantly, for 8 to 10 minutes or until a candy thermometer registers between 170 and 180 degrees (Do not boil).

Remove from the heat. Pour the custard through a fine-mesh strainer into a bowl. Place heavy-duty plastic wrap directly on the warm custard (to prevent a film from forming). Chill for at least twenty-four hours or up to three days. (The eggnog will thicken as it cools.)

Stir in the bourbon just before serving.

Yield: 5 cups

Beverages

Per Serving (excluding unknown items): 2062 Calories; 52g Fat (27.8% calories from fat); 57g Protein; 249g Carbohydrate; 0g Dietary Fiber; 981mg Cholesterol; 1343mg Sodium. Exchanges: 3 Lean Meat; 4 Non-Fat Milk; 7 1/2 Fat; 13 1/2 Other Carbohydrates.