

Aged Eggnog

*Tristan Baurick
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Servings: 6

*6 pasteurized eggs
1/4 cup sugar
16 ounces whole milk
16 ounces heavy or whipping cream
5 ounces bourbon
2 ounces rum
2 ounces brandy or cognac
nutmeg (for garnish)*

Separate the egg yolks from the whites, keeping the whites in a separate bowl.

Beat the yolks for about a minute. Add the sugar and beat for another minute.

Pour in the alcohol and milk.

Beat the egg whites in an electric mixer on high speed just until it froths up and is firm enough to form soft peaks.

Add the egg whites to the yolk mix.

Whip the cream in a separate bowl just until it begins to firm.

With a spoon, gently mix the cream with everything else and pour into a clean glass jar. Label and lid it and put it in the back of the refrigerator.

Let it age for more than three weeks. The contents will separate, with a lighter, frothier-looking portion forming at the top. Resist the temptation to open it or fiddle with it.

To serve, whisk the mixture until smooth. Pour into a glass and top with a bit of nutmeg.

Per Serving (excluding unknown items): 160 Calories; 3g Fat (28.3% calories from fat); 2g Protein; 12g Carbohydrate; 0g Dietary Fiber; 10mg Cholesterol; 37mg Sodium. Exchanges: 1/2 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	160	Vitamin B6 (mg):	trace
% Calories from Fat:	28.3%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	59.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	3g	Folacin (mcg):	4mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	81
Cholesterol (mg):	10mg	% Protein:	11%
Carbohydrate (g):	12g		
Dietary Fiber (g):	0g		
Protein (g):	2g		
Sodium (mg):	37mg		
Potassium (mg):	115mg		
Calcium (mg):	90mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	95IU		
Vitamin A (r.e.):	28 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	1/2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 160 **Calories from Fat:** 45

% Daily Values*

Total Fat 3g	4%
Saturated Fat 2g	8%
Cholesterol 10mg	3%
Sodium 37mg	2%
Total Carbohydrates 12g	4%
Dietary Fiber 0g	0%
Protein 2g	
Vitamin A	2%
Vitamin C	1%
Calcium	9%
Iron	0%

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