



Eggnog



4 eggs, yolks separated from whites

1/3 cup sugar, plus 1 tablespoon

1 pint whole milk

1 cup heavy cream

Beat egg yolks until they lighten in color. Gradually beat in 1/3 cup sugar. Beat until sugar is completely dissolved. Stir in milk and cream.

In separate bowl, beat egg whites on high until soft peaks form. Gradually add 1 tablespoon sugar and beat until stiff peaks form. Whisk the two mixtures together. Chill.

Alternate cooking instructions:

Beat egg yolks until they lighten in color. Gradually beat in 1/3 cup sugar. Beat until sugar is completely dissolved. Set aside.

Mix milk and cream in saucepan and bring to boil over high heat, stirring occasionally. Remove from heat and gradually pour the hot milk/cream into the egg/sugar mixture. Return entire mixture to pan and cook until it reaches 160°F. Remove from heat and chill in refrigerator.

In medium mixing bowl, beat egg whites on high until soft peaks form. Gradually add 1 tablespoon sugar and beat until stiff peaks form. Whisk the egg whites into the chilled mixture. Chill.