



Making Eggnog at Home

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Eggnog is a rich, creamy beverage, traditionally popular during the holiday season which begins with Thanksgiving and ends on New Year's Day. It is a staple at most holiday parties. The recent proliferation of commercial eggnogs on the market has taken the labor out of enjoying this delicious milk product and perhaps has boosted its popularity. However, some people may still prefer to make their own drink for sentimental reasons.

Home recipes, often passed from generation to generation, abound and include a wide variety of ingredients, proportions, and preparation methods. A review of older recipes, even those published in cookbooks, reveals that very often the concoctions were not cooked. Eggnog was considered a "raw egg drink." Today we recognize the very real danger of salmonellosis when any egg-containing foods are consumed without the benefit of pasteurization. This food poisoning is characterized by violent stomach cramps, vomiting, and diarrhea and may be life threatening. To ensure safety, eggnog should be cooked.

This recipe makes a little more than a half gallon of eggnog. It should keep well in the refrigerator for 10 to 14 days.

Equipment

1/2 gallon capacity (or larger) microwaveable container

Microwave oven with a temperature probe
or

1/2 gallon capacity kettle and a larger kettle to be used as a rangetop doubleboiler for pasteurization

Fahrenheit thermometer

Wire whisk or spoon for mixing

Measuring cups and spoons

Ingredients

Whole Milk, 1/2 gallon

Eggs, 3, beaten

Sugar, 3/4 cup

Instant Nonfat Dry Milk, 1/3 cup

Gelatin, 1 (2 1/4 teaspoon) packet

Cinnamon, 1/2 teaspoon

Nutmeg, 1/2 teaspoon

Rum Flavoring, 1/2 teaspoon

Vanilla Flavoring, 1/2 teaspoon

Procedure

1. Stir together beaten eggs, the liquid flavorings, and 1 quart (4 cups) of the milk.
2. Blend Instant Nonfat Dry Milk, sugar, spices, and gelatin by stirring together thoroughly with a spoon in a small container.
3. Mix these dry ingredients into the milk mixture with a wire whisk.
4. Add the remaining milk.
5. Heat mixture to greater than 165°F in a microwave oven or double boiler and hold at that temperature for at least 30 seconds. Stir with a wire whisk a few times during and after heating.
6. Cool immediately in refrigerator.
7. Stir before serving.

In today's health conscious environment, many people wish to enjoy the holiday treats without excessive calories and cholesterol. This basic recipe contains 240 Calories, 100 mg cholesterol, and 9 gm fat/cup. It is not as rich as commercial eggnog which has about 50% more calories and twice as much fat. Here are a few suggestions for people who need to limit calories, cholesterol and sugar.

Low Calorie Eggnog

Ingredients

2% Fat or Skim Milk, 1/2 gallon

Egg, 1

Acesulfame-K type sweetener, 16 (1 gm packets)

Nonfat Dry Milk, 1/3 cup

Gelatin, 3 teaspoons

Cinnamon, 1/2 teaspoon

Nutmeg, 1/2 teaspoon

Vanilla Flavoring, 1/2 teaspoon

Rum Flavoring, 1/2 teaspoon

Use the preparation procedure given for the original version substituting a low calorie sweetener for the sugar. Other options are to use 1% fat or .5% fat milks, rather than 2% fat or skim. All are available on the commercial market. A table of the ranges of calories, fat, and cholesterol in the various formulations appears below.

A specific sugar substitute is listed in the ingredients for the low calorie eggnog because sweetness equivalency to sugar varies widely and sugar substitutes cannot be interchanged in recipes without making adjustments. If you prefer another sugar substitute or cannot obtain this one you may recalculate the amount needed to obtain sweetness equivalent to 3/4 cup sugar as specified in the original recipe. Follow package equivalency labels and directions as some sweeteners recommend replacing only a portion of the sugar in a recipe. An Acesulfame-K type sweetener can be identified by reading the label of the box. It is presently sold only in the packets, not in larger bulk packaging. One packet (1 gm) can best be described as a "heaping" 1/4 teaspoon.

For individuals who need to restrict their intake of cholesterol or those allergic to eggs, there

are egg substitute products on the market with little or no cholesterol and fat and some which contain no egg. These include egg white formulations, reduced-cholesterol egg products, and complete egg substitutes. The eggs in these eggnog formulations may be substituted with any of these products to suit individual needs and tastes.

It is interesting to note that approximately equivalent savings of kilocalories can be accomplished by either substituting skim for whole milk in the Regular recipe or by using the Low-calorie recipe rather than the Regular. Significant savings of cholesterol can also be accomplished by substituting skim for whole milk in the Regular recipe. If one is trying to limit cholesterol to 300 mg/day, a cut of 26 mg is helpful. In addition, at 9 Calories/gm of fat, a decrease of 7 gms of fat achieved by using skim milk in the regular recipe represents a savings of 63 Calories/cup. The Low-calorie Recipe is most helpful to those who wish to limit sugar intake specifically, rather than simply achieving the broader goal of fewer calories.

Composition of Various Eggnog Recipes

(Per 1 cup serving)

	Original Recipe		Low-Calorie Recipe	
	3 Eggs	Egg Substitute	1 Egg	Egg Substitute
Whole Milk				
Calories	240	230	181	176
Fat (gm)	9	8	8	8
Cholesterol (mg)	100	31	59	34
2% Milk				
Calories	214	202	154	147
Fat (gm)	6	4	5	5
Cholesterol (mg)	87	17	45	19
Skim Milk				
Calories	183	169	118	112
Fat (gm)	2	.5	1	.5
Cholesterol (mg)	74	4	31	4.5

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