

MARTHA'S FAMOUS EGGNOG

guaranteed to make you happy!

This eggnog's rich, cloudlike texture is produced by separating the eggs and beating the whites before adding them to the milk mixture. The eggnog base can be made one day in advance; just beat in the stiff egg whites and whipped cream just before serving.

12	eggs, separated	3	cups bourbon
1 1/2	cups superfine sugar	1/2	cup dark rum
1	quart whole milk	2	cups cognac
1 1/2	quarts heavy cream		Freshly grated nutmeg

1. In a very large bowl, beat egg yolks until thick and pale yellow. Gradually add sugar to yolks. With a wire whisk, beat in milk and 1 quart cream. Add bourbon, rum, and cognac, stirring constantly.
2. Just before serving, beat egg whites until stiff. Fold into mixture. Whip remaining 1/2 quart heavy cream until stiff, and fold in. Sprinkle with nutmeg.

Note: Raw eggs should not be used in food prepared for pregnant women, babies, young children, the elderly, or anyone whose health is compromised.

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