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Prepared by: \_\_\_\_\_

**SAFE HOLIDAY EGGNOG**

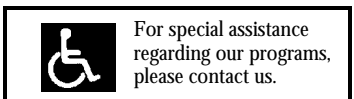
You may want to update your family's favorite eggnog recipe to avoid risking foodborne illness over the holidays. We now know that even the refrigerated grade-A eggs with clean, uncracked shells can be contaminated with *Salmonella enteritidis* bacteria. Scientists strongly suspect that bacteria can be transmitted from infected laying hens directly into the interior of eggs before the shells are formed.

But it's my grandmother's recipe!!!??? Take heart—cooking eggs thoroughly kills the salmonella bacteria. To make Grandma's recipe safe, cook or microwave it to **160° F.**, or until the egg mixture thickens enough to coat a spoon. Refrigerate immediately. If you have made large amounts of eggnog, divide it into several shallow containers so it will cool quickly.

What about the eggnog sold in the store? The eggnog sold at your local grocery store is made with pasteurized eggs and requires no cooking. You could replace the raw eggs in Grandma's recipe with egg substitute (which are also pasteurized and need no cooking) and be safe.

Ready to try a new eggnog recipe? Heat 1 quart 2% milk in a large saucepan until hot (do not boil or scald). While milk is heating, beat together 6 eggs and ¼ teaspoon salt in a large bowl, gradually adding ½ cup sugar. Gradually add the hot milk mixture to the egg mixture. Transfer the combined mixture back to the larger saucepan and cook on medium-low heat. Stir constantly with a whisk until mixture thickens and just coats a spoon. Thermometer should register **160° F.** Stir in 1 teaspoon vanilla

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and 1 teaspoon rum flavoring. Cool quickly by setting pan in a bowl of ice or cold water, stirring for about 10 minutes. Cover and refrigerate until thoroughly chilled (several hours or overnight). Pour into a bowl or pitcher. Fold in whipped cream and dust with ground nutmeg.

Source: FSIS, US. Department of Agriculture. *Food News for Consumers*, December 1991.

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