

Betty's Eggnog Made with Egg Substitute



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In this video, Betty demonstrates how to make Eggnog using Egg Substitute. I have another version of eggnog in bettyskitchen that uses raw eggs. In this version, I use Egg Beaters, which is a liquid made from egg white, and it is pasteurized. Both versions taste very good!

Ingredients:

$\frac{3}{4}$ cup sugar

1 $\frac{1}{2}$ cups egg substitute (I used Egg Beaters. If you prefer raw eggs, you will need 6.)

2 cups half-and-half

2 cups milk

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup bourbon whisky (You may use brandy or a mixture of bourbon whisky and brandy. If you want your eggnog to be nonalcoholic, use $\frac{1}{2}$ cup orange juice.)

1 teaspoon vanilla extract

1 cup whipping cream

ground nutmeg (for sprinkling the top)

In a large bowl, beat $\frac{3}{4}$ cup sugar and 1 $\frac{1}{2}$ cups egg substitute until well blended. Set aside. In a Dutch oven or large pot, mix 2 cups half-and-half, 2 cups milk, and $\frac{1}{4}$ teaspoon salt. Cook over low to medium heat for about 12 minutes, until mixture begins to bubble around the edges of the pot. Do not boil. Remove from heat, and quickly stir half of the hot milk mixture into the egg mixture. Then empty the egg mixture back into the pot with the hot milk mixture. Stir until completely blended. Cook mixture over low to medium heat until mixture thickens slightly, about 12 minutes, or until a thermometer reads 160 degrees. The cooking time may take longer, if the heat is low. Do not boil. Remove from heat. Let cool for 1 hour, stirring occasionally. Cover with plastic wrap and refrigerate for 4 additional hours. Remove from refrigerator and stir in 1 teaspoon vanilla and $\frac{1}{2}$ cup bourbon whisky. Beat whipping cream with an electric mixer until soft peaks form. Gently fold whipped cream into eggnog mixture, until completely combined. Ladle into serving glasses or mugs and sprinkle with nutmeg! I hope you enjoy this recipe and that it brings you the spirit of the season! Cheers! Love, Betty