



### HINTS FOR A PERFECT EGG NOG

- Try garnishing with allspice, cinnamon, or chocolate shavings.
- Bourbon, cognac, or rye can be substituted for the brandy and rum, or make an alcohol-free Egg Nog for a family-friendly event.
- Always use the freshest eggs possible when making Egg Nog. Choose eggs that are cold, clean, and have no cracks in the shells. Ensure that your preparation area is clean, and don't forget to wash your hands before and after preparation.

### HOLIDAY EGG NOG

12	eggs, separated	12
250 mL	sugar	1 cup
175 mL	brandy	¾ cup
375 mL	rum	1½ cups
500 mL	half & half cream	2 cups
750 mL	whipping cream	3 cups
	nutmeg for garnish	

1. In a large bowl, beat the egg yolks and sugar with an electric mixer for approximately 10 minutes, until the mixture is firm and the colour of butter.
2. Add the brandy and rum very slowly. Add the cream, blending well. Chill for three hours.
3. Beat whipping cream in a large bowl. Beat egg whites until stiff; gently fold into the whipping cream. Fold into the egg yolk mixture.
4. Serve from a large punch bowl, garnishing with grated nutmeg.



## EGG-CELLENT IDEAS

### Eggs Benedict

6	eggs	6
12	slices ham, thinly sliced and cooked	12
3	English muffins, split and toasted	3
	chopped chives for garnish	

A great addition to any holiday brunch!

1. Fill a shallow saucepan with 8 cm (3 inches) of salted water and bring to a boil; reduce to a gentle simmer.
2. Break one egg into a small dish, then gently slip the egg into the water. Cook for 3 to 4 minutes, until the egg white is opaque and just set. Gently remove with a slotted spoon and drain. Repeat with the rest of the eggs.
3. For each serving, place half of an English muffin on a warm plate. Top with 2 slices of ham and a poached egg. Finish with 30 mL (2 tbsp) of Hollandaise Sauce. Garnish with chives.

Serves 6

### Easy Blender Hollandaise Sauce

4	egg yolks	4
3 mL	salt	½ tsp
3 mL	dry mustard	½ tsp
15 mL	lemon juice	1 tbsp
pinch	cayenne pepper	pinch
125 mL	butter, melted and still hot	½ cup

1. Place the egg yolks, salt, mustard, lemon juice, and cayenne pepper into a blender. Blend at high speed for 2 to 3 seconds. Turn off the blender.
2. Remove the lid from the blender and then turn on the blender again. Slowly, over approximately 30 seconds, add the butter in a thin drizzle, blending continuously. The sauce should thicken right away.
3. Serve immediately or store in an airtight container in the refrigerator until ready to use. Reheat in a double-boiler, heating slowly to avoid causing the eggs to separate.

### FEEDBACK:

What is your favourite Eggs Benny recipe? Send us your ideas to [eggstravagance@eggs.ab.ca](mailto:eggstravagance@eggs.ab.ca) and be entered to win a Get Cracking prize pack.



## EGGS 101

### Perfect Poached Eggs

1. Using cold, fresh eggs will result in a more oval, compact poached egg.
2. Poached eggs can be made ahead of time and stored in a non-metal container in the refrigerator. When ready to serve, reheat in simmering water for 1 to 2 minutes.

### EGG TIP:

Many poached egg recipes will call for vinegar to be added to the water. Adding vinegar is optional, depending on your taste.

### EGG FACT:

Eggs are one of the few foods considered to be a complete protein as they contain all 9 essential amino acids.

### DID YOU KNOW...

- Hollandaise Sauce can be stored in the refrigerator in a tightly sealed container for 2–3 days.
- Hollandaise Sauce can be frozen! Thaw in the refrigerator before using and reheat slowly in a double-boiler.
- If Hollandaise Sauce curdles, beat another egg yolk and slowly whisk it into the curdled sauce.

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