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tain Salmonella.

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Use only pasteurized eggs or cook egg nog holiday drinks.

Eggnog is a milk and egg based beverage traditionally enjoyed during the winter holidays. Some recipes simply combine milk, eggs, and sugar in a blender. This practice is NOT recommended due to the possibility that the raw eggs can con-

Safe Eggnog requires pasteurized eggs

Salmonella is frequently found on raw egg shells and it may even contaminate the interior. Consumers should always eat only safely cooked foods containing eggs.

To make safe eggnog consumers should use pasteurized eggs purchased from the store or use a cooked eggnog recipe.

Pasteurized eggs may be found in the grocery store. Look for them in the shell or as blended egg products that come in small milk-container shaped cardboard. Ask your grocery store clerk for help if you can't find any. Some people advocate methods to pasteurize your own eggs. While it is possible, it requires patience and an accurate food thermometer. A better method is to simply make a cooked eggnog recipe:

I qt Milk 4 Eggs I/4 c Powdered sugar I tsp Vanilla extract

In a heavy saucepan, combine milk, eggs and powdered sugar. Mix well using a wire whisk. Slowly bring to a simmer, over low heat, for 5 minutes, stirring frequently with the whisk. Remove from heat. Add vanilla extract and mix well. Refrigerate until cold. Store refrigerated for I-2 days.

Will recipes containing alcohol kill Salmonella? No. Once alcohol is diluted it no longer effectively kills bacteria. You will stillneed to use pasteurized eggs. Keep in mind that simmering eggnog over heat will remove the alcohol.



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