

Cooking From The Herald Kitchen

Mildred Huskins
If you go Egg-Noggin, it's an old custom. An American drink with English ancestors, that's eggnog! The name itself is derived from the English but came into the American language during Colonial times.

one yard of flannel, auld man's milk and probably many others. First accounts of eggnog appear in diaries, letters and travel notes. A traveller by the name of Weld, for example, wrote: "The American travellers, before they pursued their journey,

recipe appears in the chapter entitled "Preparation of Food for Invalids" in Ladies New Book of Cookery (1852) written by Sarah J. Hale, the first of the women's magazine editors. Using eggnog with advice, as suggested in a

Either way, it's a good way to say, "Happy Holidays." Traditionally home-baked cookies and cakes were served in the South with eggnog. By this time if there are a few of your goodies which you have hidden for the purpose arrange an assortment and invite the neighbors, friends and relatives to come on over for a bit of cheer. Use a cup of prepared eggnog for Eggnog Crown Cake for a holiday delight.

Eggnog Crown Cake
2 tablespoons vegetable shortening
1 1/4 cups Natural Cereal, crushed
1 cup butter or margarine
1 1/2 cups sugar
4 eggs
3 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon soda
1/2 teaspoon nutmeg
1 cup eggnog
1 1/2 teaspoons rum extract
Generously grease a 10-inch tube pan with shortening. Pat 1 cup cereal onto sides and bottom of pan, letting large pieces fall to the bottom. Beat together butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add combined flour, salt, soda and nutmeg alternately with combined eggnog and rum extract, mixing well after each addition. Spoon into prepared pan; sprinkle with remaining cereal. Bake at 325 degrees for 1 hour to 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan; remove from pan and cool right side up on wire rack. Makes 1 10-inch cake.

Turtle Cookies
1/4 cup butter or margarine
two-thirds cup confectioners' sugar
1 teaspoon vanilla
1 1/4 cups all-purpose flour
3/4 cup uncooked oats, quick or old fashioned
3/4 cup chopped pecans
1/4 teaspoon salt
25 caramels
2 tablespoons water
1 pkg. (6 oz.) semi-sweet chocolate pieces
1 tablespoon vegetable oil
For cookies, beat together butter, sugar until light and fluffy, blend in vanilla. Add combined remaining ingredients; mix well. Shape in 1-inch balls. Bake on ungreased cookie sheet at 325 degrees about 20 minutes or until edges are light, golden brown. Cool completely on wire rack. For topping, melt caramels with water in heavy, small saucepan over low heat, stirring frequently. Spread or drizzle about 1 teaspoon caramel sauce over each cookie. Melt chocolate with oil in heavy, small saucepan over low heat, stirring frequently. Spoon or drizzle about 1 teaspoon chocolate over each cookie. Refrigerate to set chocolate; store in tightly covered container at room temperature. Makes about 3 dozen turtles.

Happy Holidays from The Herald Kitchen!

Lilley Assigned To Goldsboro
GOLDSBORO — Sgt. Larry N. Lilley, son of Mr. and Mrs. Herman N. Lilley, Route 1, Jamesville, has arrived for duty here at Seymour Johnson Air Force Base.

Sgt. Lilley, an administration specialist, was previously assigned at Andersen Air Force Base, Guam, and is now serving with a unit of the Tactical Air Command. The sergeant is a 1969 graduate of Jamesville High School. His wife, Janie, is the daughter of Clarence A. Cayton, Route 3, Edenton.

There's no longer any need to purloin brandy or sugar, catch freshly laid eggs or find tubs in which to mix this friendly beverage. You can make your own out of ingredients found in most kitchens or buy ready-made eggnog at the grocery.



TOAST THE HOLIDAYS — Invite your friends, neighbors, relatives and the Carolers in for a toast to the holidays with eggnog and cookies.

"Nog" comes from the word, "noggin," meaning a small drinking vessel with an upright handle. It was used primarily for drinking strong ale, which became known as "nog." Ingredients for eggnog seem to have come from sack-posset, a centuries old English beverage, made from eggs, milk and ale or sack, a dry wine from Spain or the Canary Islands. Throughout those early years the drink was known by various names, among them egg-pop, custard posset, syllabub, milk punch, egg-and-milk, flip,

took a hearty draught, according to custom, of eggnog, a mixture composed of new milk, eggs, rum and sugar, beat up together." (1799 Weld's Travels 56). A Dr. Kitchiner, who wrote a cook book called "Cook's Oracle" in Boston in 1822 gave a recipe for eggnog which he called Flip. When eggnog recipes started appearing in cook books of the day, they were found not under drinks or beverages, but in "Receipts for Food and Drink for the Sick" as in Miss Beecher's Domestic Receipt Book (1846). Another eggnog


Philadelphia cookbook dated 1859, is good advice, for both the well and the sick. Additives to eggnog have traditionally been rum and brandy, but they have also included whisky, sherry, wine, ale and cider. It was a drink in taverns, according to "Subaltern's Furlough" of 1833 which said, "Several frame houses were erected for the sale of egg-nog and mint juleps."

According to the 1845 lit Messenger, one account states: "We are to have a little egg-noggin" at our room... come down and join us." Then it became associated with Christmas "when everybody calls upon everyone else." Apparently it took little persuasion to extend the custom to New Year's Day, which had come to mean open house, "a day when people pay calls to wish each other joy in the days to come and good fortune for the whole year. In many minds the beverage associated with the day has become fixed, and eggnog is its name."

Eggnog parties became so popular, especially in Washington, D.C., that the whole period between Christmas and New Year's was considered a time for serving it. That gave time for members of the Washington society as well as members of the Cabinet and Congress to make their rounds.

Eggnog has always been a part of Southern hospitality during these holidays. It's the custom to keep a pitcher of the beverage in the refrigerator so it's a handy to offer guests who come calling.

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