

## *Fa-la-la-la-la! 'Tis the season for eggnog and holiday cheer*



**KERRY  
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WHAT'S  
COOKING

**E**ggnog is one of those things you either love or hate. There is no in between.

Ditto for this week's recipe, eggnog cookies. It's either thumbs up or thumbs down. There is no middle ground.

Luckily, I love eggnog and I ended up loving these cookies. They're rich, flavorful and easy to make.

I picked them because I wanted a holiday recipe to make with the kids. I know, eggnog and kids don't usually mix. But my 5-year-old loves eggnog — and anything else supersweet. My 7-year-old loves cookies — period.

Also, there's something about eggnog that jump-starts the holidays. You don't have your tree. Your decorations are still in a battered box on the top shelf of a cluttered garage. But you have eggnog, darn it. Let the holidays begin.

I grew up with a carton of eggnog in the fridge around Christmas. But SEE PAGE E-2, COOKING

I never knew that eggnog could be used in baking until I came across a recipe

for eggnog cookies in a Mrs. Fields cookie book.

That well-loved book fell apart years ago. I salvaged some of the recipes, including one for the best chocolate chip cookies. But the eggnog cookies were gone for good.

Or so I thought. Modesto-based Foster Farms Dairy, which makes Crystal Egg Nog, sent me a bunch of eggnog recipes the other day. There was an eggnog tea loaf, an eggnog cake and eggnog cookies. To see those recipes, visit [fosterfarmsdairy.com](http://fosterfarmsdairy.com) and click on "Recipes."

Shopping was simple. The only thing we didn't have already was the eggnog, which costs less than \$2 for a quart. Prep was easy. One thing that surprised me is the recipe calls for egg yolks, not whole eggs.

Another surprising thing was the sprinkle of nutmeg on top of the cookies before baking. I worried the nutmeg flavor would be too strong.

The house filled with the scents of cinnamon and nutmeg while the cookies were baking. How holiday-ish!

The finished cookies were fantastic — crisp yet chewy, spicy yet sweet. The nutmeg was noticeable, but not overpowering.

You could really taste the eggnog, which — in my case — is a good thing.

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## **HOLIDAY EGGNOG COOKIES**

*This recipe is from Modesto-based Foster Farms Dairy.*

- **Ingredients:**
- 2¼ cups flour
  - 1 teaspoon baking powder
  - ½ teaspoon ground cinnamon
  - ½ teaspoon ground nutmeg
  - 1¼ cups white sugar
  - ¾ cups salted butter, softened
  - ½ cup Crystal Egg Nog
  - 1 teaspoon pure vanilla extract
  - 2 large egg yolks
  - 1 tablespoon ground nutmeg

- **Instructions:**
- Preheat oven to 300 degrees. Combine flour, baking powder, cinnamon and nutmeg. Mix well with wire whisk and set aside.

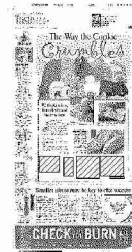
Cream sugar and butter with electric mixer until grainy paste is formed. Add eggnog, vanilla and egg yolks and beat at medium speed until smooth.

Add flour mixture and beat at low speed just until combined — do not overmix. Drop by rounded teaspoonfuls onto ungreased baking sheets 1-inch apart. Sprinkle lightly with nutmeg. Bake for 23 to 25 minutes or until bottoms turn light brown.

Transfer to cool, flat surface immediately.

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## What The Testers Had To Say

I brought the cookies to Thanksgiving dinner. Family members tried them and commented that they were a good-tasting cookie. They liked the nutmeg, eggnog taste. I took the rest home. They are still sitting on the counter. I think that those who like eggnog liked the cookies. Those who don't like eggnog didn't like the cookies enough to go for seconds. Since I am not a fan of eggnog, I have a lot of the carton left, as the smallest container at the store was a quart and the recipe calls for a ½ cup.

— *Suzanne Abid, Modesto*

How could a cookie not be good when it has lots of good things like butter and eggnog in the recipe? One could hardly taste the eggnog, which meant that the cookies had almost no taste other than sweet. The best thing that I can say about these cookies is that they were unremarkable.

— *Francia Stanton,*

*Modesto*

These cookies are so easy to make. I followed the recipe exactly and everyone loved them. They are very moist and tender and taste exactly like a glass of eggnog with nutmeg.

— *Melody Bold, Delhi*

I didn't have any eggnog, but did have buttermilk. I used that and increased the amount of cinnamon in the cookies and sprinkled cinnamon-sugar on top before baking. The result was similar to a snickerdoodle. They seemed kind of plain at first bite, but the layers of spice and vanilla come out. We went back for seconds (and in my son's case, thirds and fourths). I'd like to try the recipe once more as it was intended, with the eggnog.

— *Carrie Munroe, Modesto*

Many years ago, I tried a friend's eggnog bread. I have longed for the recipe ever since. So, when I saw this

recipe for eggnog cookies, I couldn't wait to give them a try. I was not disappointed. Using fresh ground nutmeg made the cookies extra fragrant and delicious.

— *Sandy Cadra, Oakdale*

This recipe was easy to follow, and the cookies were delicious. I found the cinnamon and nutmeg to be subtle additions, and the eggnog flavor to be spot on.

— *Ann Griffith, Modesto*

These cookies turned out better than I expected. I had to cook them quite a bit longer than 20-25 minutes to get the crisp cookie I wanted. I had some leftover cinnamon and nutmeg sugar from making snickerdoodles last night, so I used that instead of just nutmeg for the tops. The eggnog flavor is definitely there and I think these cookies would be a welcome addition to a holiday cookie platter.

— *Sandy Loya, Modesto*

**Eggnog's origins can be traced back to 'nog,' an Old English term for ale. The holiday drink is a great addition to baked goods.**

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