

Family Traditions

Consuming Thoughts

by
Fay Strickler

Penn State Extension Home Economist For Berks Co.



Are you having a holiday gathering and planning on serving your favorite traditional "eggnog" recipe?

If this recipe or other recipes in your file use raw or lightly-cooked eggs you will want to update these recipes to avoid the risk of food-borne illness. That's because we now know that refrigerated grade A eggs with clean, uncracked shells — those usually assumed to be safe — can be contaminated with *Salmonella enteritidis* bacteria.

Scientists strongly suspect that bacteria can be transmitted from infected laying hens directly into the interior of the eggs before the shells are formed.

Many government agencies are doing research on the problem, which is a worldwide epidemic. The problem is greater in Europe due to a more virulent strain of the bacteria called "phage type 4," which has not been found in U.S. poultry production.

Eggs must be cooked thoroughly in order to kill any bacteria — such as salmonella — that may be present. If your eggnog recipe calls for raw eggs, it's not safe. Likewise, neither is Hollandaise sauce or mousse. Don't worry about cakes, cookies and candies though. Eggs used in baking get thoroughly cooked, and candy (such as divinity) containing eggs reaches temperatures far above that needed to kill bacteria. However, raw cookie dough isn't safe to eat!

But back to eggnog — way back. For centuries, our English ancestors made a similar milk and egg beverage that was cooked and served warm. Named for a small drinking vessel known as a "nog-

gin," eggnog was often served in colonial times to colonists who were "under the weather."

Today it is a popular holiday drink made with raw eggs and served chilled, sometimes with spirits added. While adding alcohol may inhibit bacterial growth, it cannot be relied upon to kill bacteria which may be present in raw eggs.

To make safe eggnog, cook or microwave it to 160 degrees F, or until the egg mixture thickens enough to coat a spoon (see the following recipe). Refrigerate it at once. When refrigerating a large amount of eggnog, divide it into several shallow containers so that it will cool quickly.

Do not fold raw, beaten egg whites into the cooked mixture. It hasn't been proven that raw egg whites are free of salmonella bacteria. Commercial eggnog is prepared with pasteurized eggs and requires no cooking. Eggnog made with egg substitutes is also safe since these frozen commercial products have been pasteurized.

Hollandaise sauce and chocolate mousse are usually made with raw eggs. Update these recipes for safety's sake. A safe Hollandaise sauce can be made with egg substitutes and margarine. This version has the added bonus of containing no cholesterol. When making chocolate mousse, melt the chocolate with the liquid called for in the recipe, add the eggs and continue to heat gently until the mixture reaches the safe temperature of 160 degrees F.

Holidays are a fun but hectic time. By egg-proofing your recipes for safety, you'll have one less thing to worry about.

Holiday Eggnog

1 quart two percent milk
6 eggs
¼ teaspoon salt
½ cup sugar
1 teaspoon vanilla
1 cup whipping cream, whipped
ground nutmeg
Heat milk in large saucepan until hot (do not boil or scald). While milk is heating, beat together eggs and salt in a large bowl, gradually adding the sugar. Gradually add the hot milk mixture to the egg mixture. Transfer the mixture back to the large saucepan and cook on medium-low heat. Stir constantly with a whisk until the mixture thickens and just coats a spoon. Thermometer should register 160 degrees F. Stir in vanilla. Cool quickly by setting pan in a bowl of ice or cold water and stirring for about 10 minutes. Cover and refrigerate until thoroughly chilled, several hours or overnight. Pour into a bowl or pitcher. Fold in whipped cream and dust with ground nutmeg. Calories 135 per ¼ cup; cholesterol: 120 mg. per ¼ cup. Yield: 2 quarts

Low-Cholesterol Eggnog
½ cup egg substitute
2 teaspoons sugar
1 can (13 oz.) evaporated skim milk
¾ cup skim milk
1 teaspoon vanilla
1 teaspoon rum flavoring (optional)
ground nutmeg

Whip egg substitute and sugar together and combine with two types of milk and flavoring. Mix well. Chill overnight. Dust with nutmeg before serving. Calories: 96 per ¼ cup; cholesterol: 4 mg. per ¼ cup. Yield: 3 cups

Source: From the New American Diet — William Connor, M.D. and Sonja Connor, R.D. Simon and Schuster. N.Y., 1986.

LANCASTER (Lancaster Co.)—Family traditions are those dozens, even hundreds, of little rituals unique to each family during the holidays as well as year-round. Special foods, games, activities, stories, decorations, parties, religious celebrations and get-togethers with family and friends come to mind when one thinks of celebrating family traditions.

Traditions help to build family bonds and give family members a feeling of belonging, support and caring. They contribute to the strength of each family member and help to make families unique. Traditions are especially important to young children who are just beginning to understand who they are. Cultural and ethnic traditions can preserve the special attributes of families and can help members to feel "in touch" with their heritage.

All families have traditions, even if they think they don't. Traditions can include anything from eating meals together, attending religious services and celebrating birthdays, to enjoying a special story time or even cleaning together.

Here are several ideas for family traditions to enjoy this holiday season:

•Hold an "I Remember When..." session during the holiday season with as many extended family members as possible. Recall with each other significant events that have been meaningful to family members.

•Make a family tablecloth each year to be used at dinnertime or at special family outings. Use a plain white cloth sheet and let family members draw or paint designs on it and sign their name. You may wish to design a "family emblem" or motto to draw on your tablecloth.

•Make it a family tradition each holiday season to bake cookies to give to mail and newspaper carriers, sanitation workers and other service providers. Youngsters will enjoy learning about the spirit of giving!

•Hang a family bulletin board in your kitchen, family room or hallway. Each family member can have his or her own section to share achievements, talents, messages or snapshots. Create a special seasonal display for important holidays.



CLOSED SUNDAYS, NEW YEAR,
EASTER MONDAY, ASCENSION DAY,
WHIT MONDAY, OCT. 11, THANKSGIVING,
CHRISTMAS & DECEMBER 26TH

FISHER'S FURNITURE, INC.

NEW AND USED FURNITURE
USED COAL & WOOD HEATERS
COUNTRY FURNITURE & ANTIQUES

BUS. HRS. MON.-THURS. 8-5
FRI. 8-8, SAT. 8-12
BOX 57
1129 GEORGETOWN RD.
BART, PA 17503

BLACK ROCK'S Black Walnut Cracker



Hand-Built in Lancaster County, PA
Sturdy steel construction, maple handle and base.
Weights 8.5 lbs, 3 1/2"W x 6 1/2"H x 24"L. Cracks
the toughest nuts & is adjustable for nuts 1/2" to 2".

Send check for: \$29.⁹⁵ (Postage Paid) directly to the manufacturer: Black Rock Repair, 858 Pumping Station Road, Kirkwood, PA 17536. Allow 2 to 3 weeks for UPS delivery.



Water Quality An IMPORTANT Ingredient In Livestock Management

It's a fact! Contaminated water can have a costly effect on your livestock and poultry performance. Our years of experience plus hundreds of farm related treatment systems has proven the validity and practicality of correcting contaminated water.



Martin Water Conditioning Co.

SPECIALISTS IN FARM WATER TREATMENT

Call us today for treatment of:
*Nitrates *Bacteria *Iron *Sulfates
*pH *Acidity/Alkalinity

548 New Holland Ave.
Lancaster, PA 17602
(717) 393-3612
800-224-3612
Along Rte. 23

Willis Sharp
Somerset, PA &
Surrounding Counties
(814)-893-5081
800-893-5081

740 E. Lincoln Ave.
Myerstown, PA 17067
(717) 866-7555
800-887-7555
Along Rte. 422

GOOD FOOD OUTLET STORES

See Our Original Line Of Golden Barrel Products Plus All Kinds
Of Beans, Candies, Dried Fruit, Snack Mixes, Etc. At Reduced Prices



- * BAKING MOLASSES
- * BARBADOS MOLASSES
- * BLACKSTRAP MOLASSES
- * CORN SYRUPS
- * HIGH FRUCTOSE SYRUPS
- * MAPLE SYRUP
- * PANCAKE & WAFFLE SYRUPS
- * SORGHUM SYRUP
- * LIQUID & DRY SUGAR
- * PANCAKE & WAFFLE SYRUPS
- * CANOLA OIL
- * COCONUT OIL
- * CORN OIL
- * COTTONSEED OIL
- * OLIVE OIL
- * PEANUT OIL
- * VEGETABLE OIL
- * SHOO-FLY PIE MIX
- * FUNNEL CAKE MIX
- * PANCAKE & WAFFLE MIX
- * ASSORTMENT OF CANDIES
- * DRIED FRUIT
- * SNACK MIXES
- * BEANS
- * HONEY
- * PEANUT BUTTER
- * BAUMAN APPLE BUTTERS
- * KAUFFMAN PRESERVES
- * SPRING GLEN RELISHES

If your local store does not have it, SEND FOR FREE BROCHURE

Processors Of Syrups, Molasses,
Cooking Oils, Funnel Cake Mix,
Pancake & Waffle Mix & Shoofly Pie Mix

GOOD FOOD OUTLET

— Located At Good Food, Inc. —
W. Main St., Box 160, Honey Brook, PA 19344
610-273-3776 1-800-327-4406

— Located At L & S Sweeteners

388 E. Main St., Leola, PA 17540
717-656-3486 1-800-633-2676
- WE UPS DAILY -



SPECIALS FOR DECEMBER

GOLDEN BARREL TABLE SYRUP
32 oz. Regularly \$1.79
Now \$1.59

SOYBEAN OIL (VEGETABLE)
1 Gallon
SPECIAL PRICE \$4.39

GOLDEN BARREL PANCAKE & WAFFLE MIX
Now \$1.49

* GIFT BASKETS AVAILABLE *