



Chef's Corner

Chef Scott Berg

The Holiday Season

- The Holiday's are here, and with that, So are the calories and unhealthy foods. If you want to attack the health hazards you will consume this Holiday season, Try one portion of each of these a day.
- Super Foods: Blueberries, Kale, Green Tea, Guava and an Apple, you will feel the difference.
- While entertaining, here are two beverages you cannot be without.

Homemade Egg Nog

Yield: 1 ½ Qt
 Portion: 8 Ounces
 Portions in Yield: 6

5 Each	Large Eggs
3 Cups	Whole Milk
14 Oz	Condensed Milk
½ Tsp	Vanilla
1/16 Tsp	Salt
1/16 Tsp	Ground Nutmeg
½ Cup	Confectionary Sugar (Powered)

Method:

-Combine all ingredients and mix well.

Hot Spiced Apple Cider

Yield: 1 Gal
 Portion: 8 Ounces
 Portions in Yield: 16

1 Gallon	Apple Cider
1 Tsp	Allspice
3 Each	Cinnamon Sticks
2 Tbls	Ground Cinnamon
1 Tsp	Ground Cloves
½ Tsp	Ground Mace

Method:

-Heat Cider.
 -Add spices and let steep for 2 hours.

See You Next Month!