

Eggnog

Compliments of Chef Richard's Kitchen

8 Servings

6 large eggs (yolks only)
2 C milk
1 C heavy whipping cream
½ C sugar
1 cinnamon stick
½ tsp ground nutmeg
¼ tsp vanilla extract
Pinch of salt
Pinch of mace (if desired)
Cinnamon for topping
Optional: ¼ C brandy, cognac or
Irish whisky.

The secret to having a smooth eggnog is in the tempering of the eggs. If not properly tempered, you will have scrambled eggs in milk and not eggnog.

Place egg yolks and sugar in a mixing bowl and whisk together. Note that the sugar will not be dissolved in the egg yolk mix. This is normal.

Place milk and cream together in saucepan and place over medium heat. Add salt, nutmeg and mace (if desired.) Heat until you reach a cool simmer, about 170 deg F.

Now comes the tempering stage. Take about 1/3 C of the hot milk mixture and pour it into the egg mixture, while whisking. Whisk constantly. When the first batch of the milk mixture has been added, add another 1/3 C. Then, add another 1/3 C. Now, pour the remaining milk mixture slowly into the egg mixture, still whisking constantly. Transfer from mixing bowl back into saucepan. Break cinnamon stick in half and add to eggnog. Place back on heat and heat mixture back to about 160 deg. F. Remove from heat and whisk in vanilla extract and alcohol, if desired. Whisk until mixture has cooled slightly. Strain mixture back into cleaned mixing bowl. Refrigerate for a minimum of 1 hour.

Serve chilled eggnog in glasses. Sprinkle cinnamon on the top for garnish.

