



eggnog

Yield: about 6 cups

Ingredients

3 large eggs plus

2 large egg yolks

3/4 cup sugar

Kosher salt

3 1/2 cups whole milk

1 1/2 cups heavy cream

1 teaspoon pure vanilla
extract

1/4 teaspoon freshly

ground nutmeg, plus more
for sprinkling

Finely grated lemon
zest, for serving,
optional

Directions

Special equipment: a candy thermometer

Whisk together the eggs, egg yolks, sugar and a pinch of salt in a medium bowl.

Heat the milk and 3/4 cup of the cream in a medium saucepan over medium heat until the liquid starts to steam; remove from the heat.

Whisk about 1 cup of the hot milk mixture into the egg mixture, then pour the milk-egg mixture back into the saucepan. Return the saucepan to



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medium heat, and cook, stirring constantly with a wooden spoon, until the mixture is thick enough to coat the back of the spoon and a thermometer reads 165° F, about 5 minutes.

Remove the saucepan from the heat, and stir in the vanilla and nutmeg. Strain the liquid through a fine mesh strainer into a medium bowl, and let it cool at room temperature until it is no longer hot, about 1 hour. Refrigerate until cold, about 2 hours up to 3 days.

When ready to serve, whip the remaining 3/4 cup cream with an electric mixer in a large bowl to medium peaks. Then, while whisking, slowly pour in the cold milk-egg mixture. The eggnog should be creamy and thicker than heavy cream. Serve with a light sprinkle of nutmeg and lemon zest if using.

For a Festive Spiked Eggnog

Add 2-3 ounces of your favorite Spiced Rum per serving