



HOMEMADE EGGNOG

MAKES 6 CUPS

1. Separate the eggs. Separate the eggs, placing the yolks in a medium bowl and the whites in a large bowl. Cover the whites and refrigerate until needed or freeze if aging the eggnog for longer than a day.
2. Whisk the yolks with the sugar. Add the sugar to the yolks and whisk by hand or with a mixer until the mixture is smooth, creamy, and lightened to a lemon-yellow color.
3. Whisk in the milk, cream, and liquor (if using). Add the milk, cream, and liquor and whisk until combined.
4. Cover and refrigerate. Cover the bowl and refrigerate for at least 1 hour.
5. Whisk the egg whites. Just before serving, whisk the reserved egg whites in a stand mixer or with a hand mixer at high speed until the whites form stiff peaks.
6. Fold the egg whites into the eggnog. Transfer the beaten egg whites to the bowl with the eggnog and gently fold or stir the whites into the base — this gives the eggnog a frothy, extra-creamy texture. Some of the egg whites will also float to the top, like cappuccino foam.
7. Serve the eggnog. Transfer the eggnog to a pitcher or punch bowl. Serve in individual glasses with a grating of nutmeg over top.

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INGREDIENTS

- 6 large eggs
- 1 cup granulated sugar
- 2 cups whole milk
- 1 cup heavy cream