

Eggnog

Author: Southern Living Magazine's Test Kitchen

Category: Cocktail

Servings: 9

Preparation Time: 25 min

Chilling Time: 8 - 24 hours

A note before you start:

This recipe uses bourbon but you could use rum or omit the alcohol all together.

Ingredients:

4 cups of whole milk

12 large eggs

1/4 tsp of table salt

1 & 1/2 cups of granulated sugar

6 to 8 oz of bourbon

1 Tbsp of vanilla extract

2 cups of heavy cream

freshly grated nutmeg (optional)

Step 1: Heat the milk in a Dutch oven over medium heat just until hot (do not bring it to a boil). Once warmed, remove it from the heat.

Step 2: Beat the eggs and the salt with a stand mixer fitted with a whisk attachment on high until thick and pale. about 4 minutes. Gradually add the sugar and beat well to incorporate, about 1 minute. Very gently and slowly add about 1/4 of the warmed milk mixture into the egg and sugar. This is essentially "tempering" the mixture so you don't end up with scrambled eggs.

Step 3: Pour the contents from the mixing bowl (eggs, sugar and 1/4 of the warmed milk) back into the Dutch oven with the rest of the warmed milk and stir constantly.

Step 4: Turn the heat on to low for the Dutch oven and continue stirring constantly until the mixture thickens and an instant read thermometer registers 160 degrees. This will take about 15-20 minutes. Remove it from the heat and stir in the bourbon and the vanilla. Let it cool down for 1 hour before refrigerating.

Step 5: Chill the eggnog for at least 8 hours or up to 24 hours When ready to serve, stir in the heavy cream. Pour into glasses and dust with freshly grated nutmeg.

Cheers!