

S'mores Eggnog – Sous Vide Method

Egg Custard:

14 egg yolks
1 ½ c. confectioner's sugar
¼ c. flour
¼ t. salt

Toasted Marshmallow Simple Syrup:

1 c. sugar
1 c. water
12 regular-sized
marshmallows
1 t. vanilla extract

Marshmallow Whipped Cream:

1 ½ c. heavy cream
7 oz. Marshmallow Fluff
1 t. vanilla extract
3 c. chocolate milk
2/3 of the toasted
marshmallow simple syrup
½ c. Stroopwafel Liqueur

Spike (optional):

3 parts Smirnoff Fluffed
Marshmallow Vodka
1 parts Stroopwafel Liqueur
1 part Chocolate Liqueur
1 part Toasted Marshmallow
Simple Syrup

Yield: about 3 quarts

Ingredients List:

14 eggs, separated
1 ½ c. confectioner's sugar
1 c. granulated sugar
1 bag regular-sized marshmallows
1 box Nabisco Graham Crackers
7 oz. Marshmallow Fluff or Marshmallow
Cream
7 c. whole (midnight) chocolate milk
1 ½ c. heavy cream
1 c. water
¼ c. flour
¼ t. salt
2 t. pure vanilla extract
Smirnoff Fluffed Marshmallow Vodka
Van Meers Stroopwafel Liqueur
Trader Vic's Chocolate Liqueur

Materials Needed:

Sous Vide circulator
Electric mixer
Food processor
Mixing bowls
Spatula
Measuring cups/spoons
Strainer
Funnel
Containers to hold finished product

Note:

Tempering the custard on the stovetop requires bringing the mixture to an internal temperature of 160 °F for a short time (2-3 minutes). Our sous vide recipe achieves the same result by holding the mixture at 144 °F for one hour!

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1. Preheat your sous vide water bath to 144 degrees.
2. Combine “**Egg Custard**” ingredients and whisk/beat. Keep adding & whisking sugar until pale yellow and satin-like in texture (be patient, they get thick).
3. Mix 1-quart chocolate milk into the egg mixture to complete the custard base. Pour into a ziplock bag, remove air, and place into the 144 °F water bath for 1 hour.
4. Bring water and sugar “**Toasted Marshmallow Simple Syrup**” ingredients to a boil, reduce heat and simmer until sugar is completely dissolved.
5. While the syrup is simmering, carefully toast the marshmallows under the broiler, turning occasionally until they are browned all over.
6. Stir the marshmallows into the hot syrup and cook for another 2-3 minutes until marshmallows have dissolved.
7. Remove from heat and strain through a fine mesh strainer into a large glass measuring cup. Let cool completely, then stir in the vanilla extract.
8. Lightly whip cream from “**Marshmallow Whipped Cream**” ingredients. Fold in marshmallow fluff and vanilla extract and continue whipping until a loose whipped cream forms.
9. Add chocolate milk, 2/3 of the toasted marshmallow simple syrup, and the Stroopwafel Liqueur to the whipped cream
10. After the custard has been tempered, combine the egg mixture with cream (*the egg with the nog*), adjust to taste, and then transfer to storage containers. Refrigerate overnight.
11. Using the remaining toasted marshmallow simple syrup, combine “**Spike**” ingredients and adjust to taste.
12. Crush some graham crackers in a food processor and place crumbs into a shaker jar. Garnish each cup with a generous dusting of graham crackers.
(*And for a bit of flair, you can purchase a Crème Brûlée torch and toast marshmallows for each cup!*)