

The Best Damn Eggnog

Group A:

1 qt. whole milk
¾ t. nutmeg
3 cinnamon sticks
7 cloves
1 vanilla bean, split
½ c. granulated sugar
1 ½ T. molasses

Group B:

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

Group C:

3 c. whole milk
1 ½ c. heavy cream
¼ c. confectioner's sugar
1 T. vanilla extract
½ t. nutmeg
⅓ c. Bailey's Irish Crème
⅓ c. Kahlua

1. Prior to starting, soak the cinnamon sticks and cloves in dark rum.
2. Combine “**Group A**” ingredients in heavy saucepan and allow to infuse over low heat while whisking yolks.
3. Combine “**Group B**” ingredients and whisk/beat. Keep adding & whisking sugar until pale yellow and satin-like in texture.
4. Bring “**Group A**” ingredients to a boil, then gradually whisk into yolk mixture.
5. Return all to saucepan and cook over medium heat, stirring constantly for 2-3 minutes or until foam subsides and mixture thickens to consistency of heavy cream (it should coat the back of a wooden spoon). Do not boil, or mixture will curdle.
6. Strain mixture, set aside and let cool to room temperature.
7. Lightly whip cream and sugar from “**Group C**” ingredients. Stir in remaining ingredients.
8. Combine egg mixture with cream, and then transfer to storage containers.
9. Refrigerate overnight.
10. Add preferred spirits, and enjoy with an additional dusting of nutmeg, if desired.

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Yield: just under 3 quarts

Ingredients:

- 1 ¼ t. nutmeg
- 1 vanilla bean, split
- 1 T. vanilla extract
- 3 cinnamon sticks
- 7 cloves
- 1 ½ T. molasses
- ½ c. granulated sugar
- 1 ¾ c. confectioner's sugar
- ¼ c. flour
- ¼ t. salt
- 14 eggs, separated
- 7 c. whole milk
- 1 ½ c. heavy cream
- ⅓ c. Bailey's Irish Crème
- ⅓ c. Kahlua
- 2 oz. dark rum (to soak cinnamon and cloves)

Materials:

- Heavy saucepan
- Knife/cutting board
- Whisk
- Electric mixer
- Mixing bowls
- Spatula
- Measuring cups/spoons
- Strainer
- Funnel
- Containers to hold finished product

Notes:

Step 3: Be patient while beating yolks... they get thick.

Step 5: Cook the mixture gently to an internal temperature of 160 °F which will kill any bacteria... too much higher and you get scrambled eggs!

Step 7: Too much whipping results in more separation of the cream & nog.