

Homemade Eggnog

Pat Wymire - Yellow Springs OH

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Servings: 12

Yield: 3 quarts

*12 large eggs
1 1/2 cups sugar
1/2 teaspoon salt
8 cups whole milk, divided
2 tablespoons vanilla extract
1 teaspoon ground nutmeg
2 cups heavy whipping cream
additional nutmeg (optional) (for garnish)*

Preparation Time: 15 minutes

Cook Time: 30 minutes

In a heavy saucepan, whisk together the eggs, sugar and salt. Gradually add four cups of the milk. Cook and stir over low heat until a thermometer reads 160 to 170 degrees, about 30 to 35 minutes. (Do not allow to boil.) Immediately transfer to a large bowl.

Stir in the vanilla, nutmeg and remaining milk. Place the bowl in an ice-water bath, stirring until the milk mixture is cool. (If the mixture separates, process in a blender until smooth.)

Refrigerate, covered, until cold, at least three hours.

To serve, beat the cream until soft peaks form. Whisk gently into the cold milk mixture.

If desired, sprinkle with additional nutmeg before serving.

Per Serving (excluding unknown items): 415 Calories; 25g Fat (54.5% calories from fat); 12g Protein; 35g Carbohydrate; trace Dietary Fiber; 289mg Cholesterol; 254mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 4 1/2 Fat; 1 1/2 Other Carbohydrates.