

# Traditional Eggnog Recipe

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## **Servings: 4**

*2 cups milk  
1 cup heavy whipping  
cream  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
pinch Kosher salt  
6 large egg yolks  
1/2 cup granulated sugar  
1/2 teaspoon vanilla extract  
1/2 to 1-1/2 cups bourbon,  
rum, cognac or a mix  
(optional)  
nutmeg (for topping)*

## **Preparation Time: 5 minutes**

### **Cook Time: 15 minutes**

In a small saucepan over medium-high heat, combine the milk, cream, cinnamon, nutmeg and salt. Bring the mixture to a low boil.

In a medium bowl, whisk together the egg yolks and sugar until light and creamy.

Slowly add 1/4 cup of the hot milk mixture to the egg yolks to temper the eggs. Whisk to combine. Add 1/4 cup more of the hot milk and whisk again.

Add the tempered egg mixture to the saucepan. Cook over medium heat until slightly thickened (it should coat the back of a spoon). If you have a thermometer, it should register 160 degrees.

Remove from the heat and stir in the vanilla. Refrigerate until chilled.

When ready to serve, add alcohol (if desired) and garnish with whipped cream and freshly grated nutmeg.

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Per Serving (excluding unknown items): 470 Calories; 34g Fat (64.1% calories from fat); 9g Protein; 33g Carbohydrate; trace Dietary Fiber; 417mg Cholesterol; 93mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 6 1/2 Fat; 1 1/2 Other Carbohydrates.