

Whiskey Eggnog

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*3 cups whole milk
1 cup heavy cream
3 sticks cinnamon
1 vanilla bean (or one
tablespoon vanilla extract),
split and seeds removed
1 teaspoon freshly grated
nutmeg
5 eggs, separated
2/3 cup granulated sugar
3/4 cup whiskey
freshly grated nutmeg (for
garnish)*

In a medium saucepan over medium heat, combine the milk, cream, cinnamon, vanilla bean, vanilla seeds and nutmeg. Bring to a simmer. Remove from the heat. Allow to steep.

In a large bowl or stand mixer, whisk the egg yolks and sugar until thick ribbons form when the whisk is lifted. Slowly stir in the milk mixture until completely combined.

Add the whiskey and stir.

Chill overnight or up to three days.

Remove the cinnamon sticks and vanilla bean.

In a large bowl or stand mixer, beat the egg whites until soft peaks form. Gently fold into the eggnog until combined.

Garnish with additional nutmeg.

Per Serving (excluding unknown items): 2588 Calories; 138g Fat (55.2% calories from fat); 61g Protein; 191g Carbohydrate; 11g Dietary Fiber; 1486mg Cholesterol; 806mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 3 1/2 Non-Fat Milk; 24 Fat; 9 Other Carbohydrates.