



A Very Virtual Christmas

EGGNOG RECIPE

From its roots as a medieval British brew of hot milk, egg, and sherry, today's eggnog much more closely resembles the colonial American version of the drink, which was heavy on the rum! Although originally served warm – because it was believed to help fortify the imbiber against the winter elements – modern eggnog is typically served chilled. This recipe makes 8 to 10 servings.

Note, a virgin version can be made simply by omitting the alcohol.

INGREDIENTS

- 4 cups milk
- 12 egg yolks
- 1 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- 2 cups heavy cream
- 2 cups spiced rum or bourbon

INSTRUCTIONS

1. **Combine** milk, ground spices, and vanilla extract in saucepan over low heat.
2. Bring mixture to a **low boil**, stirring occasionally.
3. In a large bowl, **whisk together** egg yolks and sugar.
4. **Temper** egg mixture by slowly adding hot milk mixture and whisking to combine.
5. Once tempered, **return** mixture to saucepan and cook until slightly thickened over medium heat. The mixture should reach approximately 160 degrees Fahrenheit.
6. **Remove** from heat and **add** heavy cream and liqueur of choice.
7. **Refrigerate** until chilled. Mixture can be stored in an airtight container in the fridge up to three days.
8. **Garnish** with cinnamon, **serve** and enjoy!