

Eggnog

Version 1

Makes 6 to 8 servings.

Ingredients

- 6 eggs
- 1/4 c. sugar
- 1/8 tsp. salt
- 1/4 tsp. ground nutmeg
- 4 c. milk
- 1 tsp. vanilla
- 1/4 to 1/2 c. brandy or rum (optional)
- Grated nutmeg for garnish

Directions

In a large saucepan, beat together eggs, sugar, salt and nutmeg. Stir in two cups of the milk. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon with a thin film. (The temperature must reach 140° F. on an instant-read thermometer.)

Remove from heat. Stir in remaining two cups of milk and vanilla. Cover and refrigerate until thoroughly chilled, several hours or overnight. Just before serving, add the brandy or rum. Pour into bowl or pitcher and dust with nutmeg.

Version 2

From Alton Brown on NPR. Makes 6 to 7 cups.

Ingredients

- 4 eggs, yolks and whites separated
- 1/3 cup sugar, plus 1 tablespoon
- 1 pint whole milk
- 1 cup heavy cream
- 3 ounces bourbon
- 1 teaspoon freshly grated nutmeg

Directions

In the bowl of a stand mixer, beat the egg yolks until they lighten in color. Gradually add the 1/3 cup sugar and continue to beat until the sugar completely dissolves. Add the milk, cream, bourbon and nutmeg and whisk to combine.

Place the egg whites in a different bowl of a stand mixer and beat to soft peaks using the whisk attachment. With the mixer still running gradually add the 1 tablespoon of sugar and beat until stiff peaks form. Whisk the egg whites into the mixture. Chill and serve.

Version 3

Ingredients

- 2 cups milk
- 3 eggs, separated
- 1 cups sugar
- 1/4 cup bourbon
- 1 cup whipping cream
- 1/2 tsp. ground nutmeg

Directions

Heat milk in a heavy saucepan over medium heat until bubbles begin to form around the edges. Set aside. Lightly beat egg yolks. Combine yolks and sugar in the top of a large double boiler over simmering water. Gradually whisk in scalded milk. Stir constantly about 5 minutes until mixture coats a spoon. Remove from heat. Stir in bourbon and chill. Beat egg whites and whipping cream in separate bowls until stiff and fold into chilled custard. Chill several hours. Sprinkle with nutmeg.

Version 4

Ingredients

- 4 cups milk
- 10 eggs, separated
- 1-3/4 cups sugar
- 1 tsp. vanilla extract
- 1 cup whipping cream
- 1/2 tsp. ground nutmeg

Directions

Heat milk in a heavy saucepan over medium heat until bubbles begin to form around the edges. Set aside. Lightly beat egg yolks. Combine yolks and sugar in the top of a large double boiler over simmering water. Gradually whisk in scalded milk. Stir constantly about 5 minutes until mixture coats a spoon. Remove from heat. Stir in vanilla and chill. Beat egg whites and whipping cream in separate bowls until stiff and fold into chilled custard. Add liquor, if desired. Chill several hours. Sprinkle with nutmeg.

Version 5

From Good Housekeeping Magazine.

Ingredients

- 12 eggs
- 1 1/4 cups sugar
- 1/2 teaspoon salt
- 2 quarts milk
- 1 cup brandy
- 2 teaspoons vanilla extract
- 1 teaspoon ground nutmeg
- 1 cup heavy cream

Directions

Combine the eggs, sugar and salt with half the milk in a saucepan. Cook until thick, 170 degrees. It will take about 25 minutes. In a separate bowl combine the brandy, nutmeg and milk. Combine that mixture with the hot custard. Whip the cream. Fold it into the mixture. Pour into glasses and enjoy!