

Rich eggnog

- 6 large eggs
- 3/4 c sugar
- 1 1/2 c brandy
- 1/2 c rum
- 4 c milk
- 4 c cream
- 1/2 c icing sugar
- nutmeg to sprinkle

Separate yolks from the whites of the eggs. Beat yolks slowly while simultaneously adding the sugar, do this until the mixture is pale and golden. Now slowly add in the brandy and rum, then beat in the milk and half the cream.

Set aside until just before serving, then whisk the egg whites until stiff and fold them into the eggnog mixture. Whip the remaining cream and icing sugar until thick. Top each glass of eggnog with whipped cream and a shake of nutmeg. This yields eight servings.

Cyril K. Collins eggnog recipe

- 4 eggs (separated into yolks/whites)
- 1/2 cup sugar (divided into 2 equal parts)
- 1/2 cup white rum
- 1-1/2 cups whole milk
- 1-1/2 cups whiskey
- 1 cup heavy whipping cream (divided into 2 equal parts)
- Ground nutmeg (strongly recommended) enough to sprinkle on servings. Consider whole nutmeg nuts and grinder.

You are doing things gently and slowly to preserve the eggnog's fluffiness. A good whisk for the stirring and a high speed mixer for the egg whites and cream helps this process immensely.

1. Separate eggs into yolks and whites in separate bowls. Put the whites into the mixer and the yolks into another bowl.

2. Beat egg yolks, add 1/2 of sugar, set aside.

3. Beat egg whites until stiff, then mix in other 1/2 of sugar.

4. Pour yolks into the whites and mix together slowly.

5. Stir in white rum slowly.

6. Stir in milk slowly. (I have used milk with cultures with great success)

7. Stir in whiskey slowly.

8. Stir in 1/2 of cream slowly.

9. Whip rest (1/2) of cream, fold in carefully.

10. Serve at room temperature by ladling the eggnog into cups and sprinkle nutmeg on top. Information on nutmeg grinders below. Try to get some of the foam and some of the liquid (if not fully mixed) in each cup.

Ezra Nye House bed & breakfast eggnog

- 2 quarts whole milk
- 1 cup sugar
- 1/3 cup flour
- 4 eggs, separated
- 2 tps vanilla
- nutmeg
- 1 tsp sugar per egg
- 1/4 to 1/2 pint whipping cream

With whisk, blend sugar and flour in a large saucepan. Add milk gradually, whisking to combine. Cook on medium heat, whisking constantly, to boiling. Boil one minute, stirring. Remove from heat. Whisk egg yolks thoroughly in a small bowl, then pour some of the hot milk mixture in and combine. Return milk mixture to the stove and add egg mixture, whisking constantly. Cook until it comes to a boil and let boil for one minute.

Remove from heat and cool.

Beat egg whites until stiff, adding 1 teaspoon sugar per egg. Add eggnog. The eggnog is like a custard, it's so thick.

Chill. When ready to serve, add whipping cream and sprinkle with nutmeg.

Low-calorie eggnog

- 2 eggs, separated
- 4 cups skim milk
- 1 tsp vanilla
- 2 tps sugar substitute
- 1/4 cup brandy
- 1 dash nutmeg

Combine egg yolks and milk in a saucepan.

Cook over medium heat until the mixture coats a metal spoon. Cool.

Beat the egg whites until soft peaks form. Add to milk mixture, then add the vanilla, sugar substitute and extract. Mix lightly. Cover and chill.


To serve, pour eggnog into cups and sprinkle with nutmeg.

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