



Culinary Institute
of America

Classic Hot Eggnog

Makes 12 servings

Ingredients:

- 2 quarts, whole milk
- 1 tbsp, vanilla extract (sub one vanilla bean if desired)
- 1/8 tsp, salt (just a pinch)
- 12 eggs (separate yolks and whites)
- 1 3/4 cup, white granulated sugar (1 cup for egg yolks, 3/4 cup for egg whites)
- 1 quart, heavy whipping cream
- 1/4 tsp, ground nutmeg
- 1/4 tsp, ground cinnamon

**Bourbon, rum brandy, amaretto, or other spirits may also be added if desired.*

Directions:

1. In a large saucepan combine milk, vanilla extract and salt, and heat to approximately 190°F (Just below a simmer, do not let boil.)
2. In a large bowl, combine egg yolks with 1 cup of the sugar and whisk vigorously until mixture has become pale in color and has a ribbon like texture. (A hand mixer can be used with whisk attachment.)
3. Slowly add 2 cups of the hot milk mixture to the egg yolks, whisking as you go to temper the eggs. Then add egg mixture into the pot of hot milk whisking constantly.
4. Add the heavy cream and over medium-low heat bring mixture up to 165°F, stirring regularly until liquid is thick enough to coat the back of a spoon. (Do not let boil.)
5. In a separate bowl, begin beating the egg whites with a whisk or hand mixer on a low speed. Gradually add 3/4 cup of sugar, while increasing speed of blender in 30 second intervals until mixer is on high speed. Continue to beat the egg whites and sugar until they reach a medium peak.
6. Strain thickened milk mixture through a fine mesh strainer and hold in a large bowl. Take beaten egg whites and gently fold into the hot milk mixture.