

## Ingredients

Yield: About 10, 8 Ounce Servings

- 12 Egg Yolks
- 1½ Cups Granulated Sugar
- 3 Cups Heavy Cream
- 5½ Cups 2% Milk or Whole Milk
- 2 Teaspoons Pure Vanilla Extract
- 1½ to 2 Teaspoons or To Taste Ground Nutmeg
- ½ Teaspoon or To Taste Ground Cinnamon

## Directions

Separate the egg yolks from the whites and place them in a large bowl. (Note: Save the egg whites and make some egg white omelettes.) Add the sugar to the yolks and whisk until the mixture is smooth.

Pour the heavy cream and milk into a large sauce pan or pot. Heat the milk mixture over medium heat, about 5 to 8 minutes. Pour 1½ to 2 cups of the milk mixture into a small pitcher or cup. Temper the egg mixture by slowly drizzling the milk mixture into the egg mixture while vigorously whisking. Once the mixture is blended, pour and whisk it back into the milk mixture in the pot. Keep the heat over medium heat and simmer for 5 to 10 minutes or until the mixture reaches 160 degrees. Whisk the mixture every 2 to 3 minutes.

Pour the egg nog into a large bowl through a fine mesh strainer. (Note: Using the strainer will possibly catch any pieces of cooked eggs that may have formed.) Whisk in the vanilla and spices. If desired, add the spices ½ teaspoon at a time until the desired taste is reached. Taste as you go. Chill the egg nog in the refrigerator. Serve cold/chilled as is or add the desired amount of brandy, rum, cognac, or bourbon.