

Eat Happy Kitchen

Anna Vocino

## Egg Nog (No Sugar Added)

(yields 2.5 cups)

### **INGREDIENTS:**

1 cup heavy cream

1 cup whole milk

4 egg yolks

1 teaspoon ground cinnamon, plus extra for garnish

1/8 teaspoon nutmeg

2 teaspoons vanilla extract (check the label for no sugar added)

1/4-1/2 cup whiskey, bourbon, or dark rum (to taste)

### **INSTRUCTIONS:**

In a small sauce pan, heat cream and milk until frothy, whisking to make sure a film doesn't form on top, and being careful not to scald on the sides and bottom of the pan. Remove from heat.

Meanwhile, whisk the egg yolks until light yellow and fluffy. Then very slowly whisk in a little of the hot milk mixture, being careful not to cook the egg yolks, adding more and more hot milk to temper the eggs (that means make them the same hot temp as the milk without cooking them).

Once the milk and eggs are mixed, you can pour back into the pan and add in ground cinnamon and nutmeg. Bring to a light boil, being careful not to scald by stirring with a wooden spoon. The mixture will thicken in about 9-10 minutes, or when you lift the wooden spoon up, the mixture coats the spoon and if you swipe your finger across it, it leaves a line.

Strain the mixture into a glass bowl. Whisk in vanilla and liquor. Cover with plastic wrap, smoothing the plastic over the surface of the egg nog to prevent it from forming a film. Refrigerate until cooled, or even overnight. Then whisk egg nog and pour into nog glasses and serve, garnished with additional cinnamon and good cheer.