

# Eggnog So Good Even George Washington Would Approve

Serves: 4 | Prep Time: 15 Minutes

## Ingredients

6 large egg yolks  
1/2 cup granulated sugar  
1 cup heavy whipping cream  
2 cups milk  
1/2 teaspoon ground nutmeg  
pinch of salt  
1 teaspoon vanilla extract  
ground cinnamon, for topping

## For Whipped Cream

1 cup heavy cream  
1 tablespoon powdered sugar  
1 teaspoon vanilla extract

## Directions

1. Leave your eggs out for an hour, or until they reach room temperature.
2. Separate the eggs and whisk the egg yolks and sugar together in a medium bowl until light and creamy.
3. In a saucepan over medium-high heat, combine the cream, milk, nutmeg and salt. Stir often until mixture reaches a bare simmer.
4. Temper the eggs by adding a large spoonful of the hot milk to the egg mixture, whisking vigorously. Repeat, adding one spoonful at a time, until the mixture is an even temperature.
5. Once most of the hot milk has been added to the eggs, pour the mixture back into the saucepan on the stove.
6. Whisk constantly on low for a few minutes, until the mixture is slightly thickened (or until it reaches 160°F). It will thicken more as it cools.
7. Remove from heat and stir in the vanilla.
8. Pour the eggnog into a pitcher or other container and cover with plastic wrap.
9. Refrigerate until chilled, or drink it hot, with a sprinkle of cinnamon and fresh whipped cream.
10. *Enjoy!*

## Whipped Cream

1. Add heavy cream, powdered sugar and vanilla to a bowl
2. Set bowl over ice (the colder the cream, the easier it will be to whip).
3. Whisk the mixture until you can raise the whisk and form peaks with the cream. Be careful not to whisk too much, or you'll make butter.
4. Add your homemade whipped cream to your homemade eggnog.
5. *Enjoy!*