

Homemade Egg Nog (Kid-friendly)

Prep time: 20 mins.

Cook time: 1 Hour

Yield: 1 quart (4-6 servings)

Ingredients:

6 egg yolks

¾ cup sugar

2 cups milk

1 teaspoon cloves

1/2 teaspoon cinnamon

1 cup heavy cream

1 teaspoon nutmeg

2 teaspoons vanilla

Optional: a sprinkle of Mixed spice*

Optional: 2 Tbsp each of bourbon and rum

Directions:

In a large bowl, beat the egg yolks with a whisk or electric mixer until they become lighter in color.

Add in the sugar ¼ cup at a time, whisking well after each addition. Whisk/Beat until fluffy. Set to the side.

In a saucepan, combine milk, cloves, and cinnamon. Slowly heat on medium until the mixture steams, but do not let it boil.

Remove the saucepan from heat. Add the hot milk mixture into the eggs, ½ cup at a time, whisking constantly. Once most of the mixture is added and mixed well, dump it all back into the saucepan.

Cook the eggnog on medium heat, stirring constantly with a wooden spoon. Cook until the mixture reaches 160F, or until it thickens and coats the back of the wooden spoon. Do not let the mixture boil or it will curdle.

Remove from heat.

Measure out the heavy cream, add in vanilla, and nutmeg. Pour this into the egg nog and stir until well mixed.

Done, you can drink this hot or let it chill for a few hours. Make sure to shake well before drinking.

*If adding alcohol, wait until its chilled for about an hour, add the alcohol and then chill again.