



8 SERVINGS



15 MINUTES



383 CALS

# Rich and Creamy Homemade Eggnog

SHANNON LLEWELLYN

## Ingredients

- 10 egg yolks
- 4 cups whole milk
- 3/4 cup sugar
- 2 cups heavy whipping cream
- 2 cinnamon sticks
- 3 whole cloves
- 2 star anise pods
- 2 tsp vanilla
- 1 cup Rum, Bourbon, Brandy or Whiskey

## Instructions



PREP: 05M

| COOK: 10M

| READY IN: 15M

1. Put ice in the bottom of the sink, enough to set the saucepan on.
2. Whisk the egg yolks until they are well combined and foamy.
3. Heat milk, sugar, cloves, cinnamon sticks, and star anise in a large saucepan being careful not to boil.
4. Ladle two cups of the milk mixture into the egg mixture and whisk until blended.
5. Then, pour the entire mixture back into the saucepan and whisk until fully mixed. Heat for about 5 minutes.
6. Remove from the heat and set on top of the ice in the sink. Keep whisking for another 3 minutes.
7. Whisk in the heavy whipping cream, optional alcohol and vanilla. Chill for a day.
8. Serve hot or cold with an extra cinnamon stick as a garnish!