

Eggnog



Ingredients

4 egg yolks
1/3 cup sugar, plus 1 tablespoon
1 pint whole milk
1 cup heavy cream
3 ounces bourbon
1 teaspoon freshly grated nutmeg
4 egg whites*

Directions

In the bowl of a stand mixer, beat the egg yolks until they lighten in color. Gradually add the 1/3 cup sugar and continue to beat until it is completely dissolved. Add the milk, cream, bourbon and nutmeg and stir to combine.

Place the egg whites in the bowl of a stand mixer and beat to soft peaks. With the mixer still running gradually add the 1 tablespoon of sugar and beat until stiff peaks form.

Whisk the egg whites into the mixture. Chill and serve.

(you don't really need to add bourbon till after – in case some like it sans bourbon)