



# Egg Nog, Old Fashioned

## Ingredients:

6 large eggs, separated  
1/2 cup sugar  
1 cup heavy whipping cream  
2 cups whole milk  
1 tsp vanilla extract  
1/2 tsp cream of tartar  
1/2 tsp ground nutmeg  
1/8 tsp salt

## Instructions:

Beat the egg yolks and sugar together thoroughly with a hand mixer and set aside. In a saucepan, combine the cream, milk, nutmeg, and salt. Heat the mixture over medium heat until it starts to bubble, then remove it from the heat. Gradually whisk the warm milk and egg mixture together, stirring constantly to ensure thorough blending. The mixture should be smooth and free of lumps. If you notice any lumps, pass the mixture through a mesh strainer to remove them. Next, beat the egg whites with cream of tartar until stiff peaks form. Return the milk mixture to the saucepan and bring it to a gentle simmer, heating it to about 160 to 170 degrees Fahrenheit. Once it reaches this temperature, remove it from the heat and gently fold in the whipped egg whites. Mix until the mixture is smooth and creamy. Finally, store the mixture in an airtight container in the refrigerator.



Notes & Tips: Go by the date on your whole milk to know when it will expire. Make with the freshest milk available.

Make Recipe #225 Egg Nog Pound Cake with this homemade egg nog.