



Eggnog

Overview

Difficulty: Easy

Servings: 6 to 8

Preparation Time: 30 mins

Cooking Time: 90 mins

Ingredients

6 Raw Pasteurised Eggs (Whites and Yolks separated)

150g Fine Caster Sugar

200ml Rum (or Bourbon/Brandy)

300ml Whipping Cream

500ml Whole Cream Milk

2 Tablespoons Condensed Milk

A Pinch Cinnamon Powder

A Pinch Nutmeg Powder

As Desired Fresh Nutmeg

Methods

Step 1

In a Bain Marie with ½ pot of water, whisk egg yolks until colour lightens.



Step 2

Attach Beating Whisk to your Kitchen Machine. Into the Stainless Steel Bowl, add whisked egg yolks and 120g of the sugar. Mix on Speed 5 until pale yellow and thickened, then turn down to Speed 3.



Step 3

Add whole cream milk, condensed milk, whipping cream, rum, cinnamon and nutmeg powders. Turn up to Speed 4 and mix for another 3 to 5 minutes.



Step 4

Portion the drink into serving glasses. Chill in refrigerator, best overnight, until ready to serve.



Step 5

Right before serving, in a Bain Marie with ½ pot of water, lightly whisk egg whites until foamy.



Step 6

Attach Beating Whisk to your Kitchen Machine. Into the Stainless Steel Bowl, add whisked egg whites. Whisk on Speed 2 and gradually increase to Speed 7. Add remaining 30g of the sugar and continue whisking until stiff peaks form.



Step 7

Top drink with meringue. Grate fresh nutmeg. Serve and enjoy.

