



Egg Nog (Pastureized)

The Bearded Chef

4 egg yolks
1/3 cup sugar
1 pint whole milk
1 cup heavy cream
3 - 4 ounces bourbon or rum
1 teaspoon freshly grated nutmeg
4 egg whites (optional)
1 tablespoon sugar (not needed if not using egg whites)

In a bowl mixer or large bowl, beat egg yolks until they lighten in color. Gradually add 1/3 cup sugar, beat until completely dissolved and ribbons form. Set aside.

In a medium saucepan, over high heat, combine milk, heavy cream and nutmeg. Bring to a boil, stirring occasionally.

Once boil is reached, remove from heat and temper hot mixture into egg mixture.

Return all liquids back to pot and cook until mixture reaches 160F.

Remove from heat, stir in liquor. Transfer to bowl and refrigerate.

STEP IS OPTIONAL. NOT REQUIRED IF DESIRED: In medium mixing bowl, beat egg whites to soft peaks. Add 1 tablespoon sugar and beat to stiff peaks. Whisk egg whites into chilled custard.

TO MAKE ICE CREAM: Do not add egg white mixture. Chill egg nog custard to 40F and pour into ice cream maker.