



# Egg Nog (unpasteurized)

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*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.

Add cream and milk to eggs and whisk to combine. While whisking, add nutmeg and liquor. Cool custard mix in fridge.

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.