



Eggnog

yield: 6 servings

4 egg yolks
1/2 cup granulated sugar
2 cups milk
Pinch of cinnamon
2 whole cloves
1 cup heavy cream
1 teaspoon vanilla extract
1 teaspoon freshly grated nutmeg
3/4 cup good rum (6 oz.)

Put the 2 cups milk, the cinnamon and cloves on to heat in a saucepan until hot and steamy but not boiling (you might opt to add 1/2 a vanilla bean at this point into the milk and skip the extract later). While it heats, put the yolks in a bowl with the sugar. Whisk for a couple of minutes, until the mixture turns pale and fluffy. When the milk is hot, turn the heat to very low, and pour half of the hot milk into the bowl with the beaten egg yolks. Whisk the yolks and hot milk until fully incorporated, then transfer the egg yolks and milk back into the saucepan with the remaining hot milk. Stir over low heat with a wooden spoon until the mixture thickens enough to coat the spoon. This can take a while, be patient. Do not turn up the heat and do not let the mixture boil, because it will scramble the eggs. Once it thickens, remove from heat, add the heavy cream, vanilla, and rum. Run through a strainer (to remove the cloves) and funnel into a wine bottle. Let cool, then refrigerate for at least one hour. The drink will thicken nicely when chilled, and the flavors will mellow. Serve cold. Omit the rum for kid friendly eggnog.

<http://kitchen-notebook.blogspot.com/2008/12/their-first-eggnog.html>