

How to Make Old-Fashioned Eggnog

Ingredients

2 tbsp. cornstarch
12 large eggs
1 1/4 c. sugar
1/2 tsp. salt
2 qt. whole milk, divided
1 c. brandy or dark rum, optional
2 tbsp. vanilla extract
1 tsp. ground nutmeg



1 c. heavy or whipping cream

Directions

1. In a small bowl, gradually add ½ cup cold milk to cornstarch and combine. Set aside.
2. In another bowl, combine eggs, sugar, and salt. With wire whisk, beat until blended.
3. In heavy 4-quart saucepan, heat 4 cups milk to simmer. Add the milk-cornstarch mixture. Stir and return to a simmer on medium-low.
4. Gradually add heated milk mixture into the egg mixture, ½ cup at a time, whisking constantly. Once 75% of the milk has been transferred, pour all the egg-and-milk mixture into the original pot, and stir. Heat on medium-low, stirring constantly, for 5 minutes or until custard slightly thickens and coats the back of a spoon well.
5. Pour custard into large bowl. Stir in brandy or rum, vanilla extract, ground nutmeg, and remaining cold milk. Cover and refrigerate until well chilled, at least 3 hours.
6. In a small bowl with mixer at medium speed, beat heavy or whipping cream until soft peaks form. With wire whisk, gently fold whipped cream into custard mixture.
7. Pour eggnog into chilled 5-quart punch bowl. Sprinkle with extra nutmeg for garnish.