

Homemade Egg Nog

November 18th, 2021

This recipe serves: 4

Prep Time: 00:30

Cook Time: 01:15

The Holidays just aren't the same without a glass of Egg Nog. It is surprisingly easy to make at home, with ingredients that you probably already have. From-scratch G'Nog tastes better than the stuff you buy in the store, and it doesn't have all the high-fructose corn syrup and added thickening agents. Eating raw, unpasteurized eggs can pose a potential health risk of salmonella contamination, but you can easily pasteurize eggs using your Sous Vide.

Ingredients:

4 Eggs, raw but pasteurized and with Yolks and Whites separated

1/4 Cup Sugar

2 Cups (16 Oz) 2% Milk

1 Cup Heavy Cream

Ground Nutmeg, as a garnish

Directions:

If desired, pasteurize the eggs by gently setting them in water that is heated to 131° F.

Sous vide at 131° F. for no less than 90 minutes.

Remove the Eggs and chill them in ice water for about 15 minutes, then refrigerate up to 4 weeks.

Note: Pasteurized eggs can be labeled with a large "P" written on the eggshell, as a way to ensure that you never confuse the pasteurized eggs with their un-pasteurized friends.

Chill a medium-sized glass bowl.

Separate the yolks from the whites in each of the eggs. Place the Egg Whites into the chilled bowl. Reserve the Egg Yolks in another bowl. Ensure that there is NO Egg Yolk in the Egg White bowl.

Whip the Egg Whites, using a high speed mixer, or by hand using a wire whisk, until you achieve the "soft peak" stage.

Continue to whip the egg whites and slowly sprinkle in 1 Tablespoon Sugar.

Continue to whip until you achieve "hard peaks"

In a separate bowl, mix the Egg Yolks with 1/3 cup of Sugar, Milk, and Heavy Cream.

Mix well to ensure that there are no lumps.

Carefully fold in the Whipped Egg whites.

Pour into mugs and garnish with a sprinkling of Ground Nutmeg.

Serve.