

possibly the world's best eggnog

makes 4 cups

Eggnog dates back to at least the mid 1700s, with a British drink called an egg-flip. The egg-flip got the nickname eggnog in the States in roughly the 1770s, 'nog' meaning a strong ale. A recipe printed in the 1800s – famously (though likely inaccurately) attributed to George Washington – calls for raw eggs (split and whipped with sugar), combined with dairy, nutmeg, and a metric fudge-ton of booze, then aged in a cool place for several days. And that's loosely how most eggnog recipes still look today.

My eggnog is unique in that I make a Swiss meringue and temper my yolks, meaning you can reduce the risk (however small) of salmonella. It's a little more labor intensive, but not nearly as tricky as it looks at first glance. Plus, it features added warming spices and vanilla, and is lactose intolerant-friendly!

Make this and you'll get a rich, creamy drink that's as booze-forward as the more traditional recipes with a few little modern twists – and that you can serve to guests with confidence.

ingredients

Custard base:

- 2 cups whole milk or plain oat milk
- 1 cinnamon stick, broken in half
- 3-4 whole cloves
- 2 tsp vanilla extract, split
- pinch of salt
- 4 egg yolks
- 1/3 cup granulated sugar
- 2 cups unsweetened coconut milk
(*I like the Aroy-D brand*)
- 4 oz dark rum
- 3-4 Tbsp cognac

Swiss meringue:

- 4 egg whites
- 1/4 cup superfine sugar

Garnish:

- freshly grated nutmeg

preparation

1. In a sauce pan, heat together milk, 1 tsp vanilla, and cinnamon and cloves over medium low, being careful not to let it boil.
2. Meanwhile, whisk together egg yolks and 1/3 cup sugar until pale and voluminous.
3. Use milk to temper the yolks, slowly streaming it in while whisking constantly to avoid cooking the eggs.
4. Pour mixture back into the sauce pan and heat over medium heat about 3 minutes, until slightly thickened (use a thermometer to make sure the mixture hits 165 F for maximum food safety).
5. Pour mixture into a large punch bowl and add coconut milk (or cream), liquors, and 2nd tsp of vanilla. Stir and set aside.
6. Make your Swiss meringue:
 - a. bring a double boiler to a simmer
 - b. whisk together egg whites and 1/4 cup superfine sugar
 - c. heat egg white and sugar mixture over the double boiler, stirring constantly until mixture becomes opaque and sugar is fully dissolved (again, 165 F for maximum food safety), about 8-10 minutes
 - d. remove from the heat and whisk vigorously until tripled in size, white and fluffy, and soft peaks form (this is much easier in a stand mixer with a whisk attachment, if you have the option, but doable by hand with a little elbow grease)
7. Pull or strain whole spices out of the custard mixture and fold in your Swiss meringue, then refrigerate at least an hour.
8. Ladle into cups, garnish with freshly grated nutmeg, and enjoy!