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Eggnog

INGREDIENTS

3.5 cups 1% or fat free milk
½ cup sweetened condensed fat free milk
1 Tbsp all-purpose flour
¼ tsp grated nutmeg
1/8 tsp salt
2 large egg yolks
¼ cup bourbon
2 Tbsp brandy
1 tsp vanilla extract
extra nutmeg to garnish

PREPARATION

- 1 Combine first 5 ingredients in a saucepan and boil over medium heat on stove, stirring with whisk.
- 2 Place egg yolks in a bowl and whisk 1/3 of hot mixture into egg yolks.
- 3 Add everything back to saucepan, stir with whisk and continue to cook on medium heat for 1 minute or until thickened.
- 4 Pour into pitcher and stir in brandy, bourbon, and vanilla.
- 5 Cover pitcher surface with wax paper and refrigerate for at least 4 hours or overnight. Garnish with added nutmeg when serving.

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