

# Sylvia's Eggnog Recipe - From the Mill House Inn

|   |  |                                   |
|---|--|-----------------------------------|
| <b>Yield</b>  | 1.75 gallons                                   | 33% Alcohol                       |
| <b>Servings</b>   | Depends on how much you like eggnog            |                                   |
| <b>Ingredient List</b>  |  |                                   |
| <b>#</b>  | <b>Item</b>                                    | <b>Notes</b>                      |
| 4   | cinnamon stick                                 | [1]                               |
| 1   | nutmeg, small - medium                         | [1]                               |
| 6 - 8   | star anise                                     | [1]                               |
| 8 -10   | sichuan peppercorns                            | [1]                               |
|   |  |                                   |
| 2 qts   | heavy cream                                    |                                   |
| 3   | unsweetened coconut milk [13.5 oz cans]        | <a href="#">Native Forest</a> [2] |
| 2 dz  | egg yolks - super-fresh organic xl             |                                   |
| 2 dz  | egg whites - super-fresh organic xl            | [3]                               |
| 2 cups  | confectioners sugar                            | [4]                               |
| 3 - 4   | vanilla bean, split lengthwise, seeds removed  | depends on size                   |
| 1   | orange zest for garnish [lemon works as well]  | bourbon soaked and flamed         |
| <b>Spirits</b> - Start with the best booze to make the best drink! Taste matters. |  |                                   |
| 1 750ml   | the brandy <a href="#">Asbach Uralt</a>        |                                   |
| 1 750ml   | the bourbon - <a href="#">Woodford Reserve</a> |                                   |
| 1 750ml   | the rum - <a href="#">Myers Dark Rum</a>       |                                   |

## Ingredient Notes

1. our favorite spice [grinder](#)
2. any quality alternative brand coconut milk with no additives
3. optional: If aging the eggnog freeze egg whites using an [silicone ice cube tray](#), defrost as needed, and whip to stiff peaks with a bit of added sugar.
4. no Confectioners sugar? Just add 1 cup granulated sugar to 1 tablespoon cornstarch, pulse in food processor until the consistency becomes powder

## Making the Nog!

- separately roast the spices in a 350 degree oven
  - when cooled grind individually
  - mix together, balancing the flavors to your palate
  - reserve any extras for another use
- beat the egg yolks and sugar until creamy and color lightens
  - use a stand-up mixer and transfer [see below]
  - to a bowl or large stainless steel pot that is 2.5 gallons
- add the heavy cream and coconut milk
- add the booze, *'it's OK to pour yourself a Woodford rocks now'*
- whip the egg whites to stiff peaks in the stand-up mixer and fold into eggnog
- season to taste with the powered spice mix
- add a small slice of vanilla bean to each glass jar [see note below]
- fill to the top with eggnog and cork, making as airtight as possible

## The Egg White Option

Disagreements abound regarding when to add the egg whites. My preference is just as the cocktails are made. For the French Toast it does not make so much of a difference. So use yesterday's leftover eggnog for the french toast and make yourself a fresh cocktail for brunch.

- egg whites may be frozen and defrosted as needed
- remove whites from the ice cube tray and defrost in the fridge
- whip whites as before, shake with eggnog
- I like mine over ice, whites will rise to the top and foam
- garnish with a shake of spice mix and orange zest

## Eggnog Storage

- glass jars with airtight lids for storing the eggnog
- washed spirit bottles with labels removed work great
- make your own labels, this will become a coveted holiday gift

## The Flavor Spectrum of our Alcohol Selection

Every ingredient in a recipe is subject to exploration, tasting and judging. These are our favorite spirits after three decades of exploring what makes the very best eggnog:

- ★ [Asbach Uralt](#) - vanilla, oak, cocoa, smoke
- ★ [Myer's Dark Rum](#) - molasses, butter, toffee, raisins
- ★ [Woodford Reserve](#) - orange, vanilla, tobacco, caramel, cinnamon