

Homestead Style Eggnog

BY: *RuthAnn Zimmerman*

beat/blend together until foamy: (I use immersion blender)

4 eggs (fresh, clean farm eggs)

1/4 -1/2 cup sugar

1/4-1/2 cup maple syrup

1 TBS lemon juice (fresh or bottled)

1/4 tsp salt (scant)

Add to:

4 cups whole milk (or 3 cups skim + 1 cup cream)

Add

1 TBS nutmeg

Blend well or stir vigorously with a whisk.

Serve.

Keeps in refrigerator for a week or more.

For those that don't have access to farm fresh eggs from a clean coop with healthy chickens heres how to temper your eggs so that they aren't raw.

Beat together the first 5 ingredients just like step one.

Put your milk into a heavy bottom sauce pan and heat until tiny bubbles start coming up around the edges (120-130F)

Slowly add the hot milk to the egg mixture whisking well all the time. You want to slowly bring your eggs up to temperature so they don't turn into scrambled eggs.

Pour the entire mixture back into the pot and slowly heat back to 138-140 degrees F.

Eggs are Pasteurized at 138F so theres no need to heat it any more or your eggnog will be more of a pudding when it cools.



