



Eggnog

Recipe courtesy of David Tomov-Strock (CAS'03, MET'13), BU Food & Wine Experiential Programs

INGREDIENTS

12 egg yolks
2 cups sugar
1 cup heavy cream
4 cups whole milk
4 cups rye whiskey
1 cup cognac
½ cup orange liqueur
12 egg whites
1 ½ cups heavy cream
Whole nutmeg

DIRECTIONS

1. Whisk egg yolks in a large bowl until smooth and pale yellow. Slowly whisk in sugar until fully incorporated. Whisk in 1 cup heavy cream and milk until frothy. Mix in whiskey, cognac, and orange liqueur.
2. In a separate bowl, whip egg whites to stiff peaks. In a third bowl, whip 1 ½ cups heavy cream to stiff peaks. Fold heavy cream into egg whites.
3. To serve, either mix egg white and heavy cream mixture into eggnog or dollop the mixture on top of individual servings. Grate a little bit of whole nutmeg on top of each serving.