

- Thick, creamy and so easy to make, this eggnog is going to become an instant classic, for you. Hi, I'm Lindsey from, Life, Love and Sugar and today I'm gonna show you how to make a classic, simple, homemade eggnog that is going to be perfect for the holidays. We love a good, thick and creamy eggnog, so we're gonna use some extra egg yolks and that's gonna help thicken it up. And then, we also, love a lot of good spice, so, we've got plenty of nutmeg and cloves that we're gonna include. To get started, your gonna start with your egg yolks and add those to your mixer. We're, actually, gonna whip those for about six to eight minutes. It's gonna add air into the egg yolks that, kind of, lightens it and adds volume. We're, also, gonna add in our sugar. We're gonna pop this on our mixer for six to eight minutes and let it go. All right so, we've had our egg yolks and sugar mixing together for about eight minutes and they are now pale and creamy and they've, kind of thickened up a little bit. You can see they create a ribboning effect in the bowl, so, when you lift your whisk it holds its shape for a second before it dissolves back into the mixture. That's what your looking for, you've thick pale, creamy egg yolks. We're gonna set these aside while we heat up our milk and cream on the stove. Now, we're gonna heat our milk and cream and spices. We're, actually, gonna use that to slowly heat our eggs by slowly adding some of our warm cream, into our eggs. It tempers the eggs so you don't scramble them. We're gonna start off by adding our milk and cream to our pan. Heavy cream and we've got plenty of nutmeg and a couple of whole cloves that we'll remove later and a little salt. We're just gonna heat this over medium heat until it begins to simmer. Our cream is just starting to simmer, so we're gonna ahead and it to our egg yolks. You just want a small amount to begin with and make sure you're whisking your egg yolks. Be careful not to burn yourself, of course. Just keep slowly adding the milk. We're just gently warming up our egg and when we've got our eggs at temperature we can add everything back to our pan and keep heating it. Now, we're gonna want to use some kind of thermometer, I just have a regular food thermometer,. It's digital, which I really like and it's a quick read. You wanna continue cooking this until it reaches between 160 and 170 degrees, 'cause that's when eggs are food safe. We've got our eggnog to temperature. We're gonna want to take it off the heat and add our vanilla extract, stir that in. Now, you want to make sure you remove those whole cloves that we had in there and then you can pour it into a container and let it cool. It's still fairly thin, right now, but as it cools it will thicken and become extra rich and creamy and so delicious. Okay, once everything's cooled off you've got a thick creamy and delicious eggnog, it's so easy to make. You can add alcohol to it if you want, whiskey, bourbon, a spiced rum, all would be excellent. For the full recipe, head over to, <https://www.lifeloveandsugar.com>