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A favorite holiday tradition that goes well with a fireside playlist of Apollo Christmas concert selections is a cup of homemade eggnog! But, when we're already striving to stay safe from coronavirus, far be it from us to have you risk getting salmonella from raw eggs. So, here is a recipe for homemade eggnog that is cooked! We've tested and tasted and modified this recipe and procedure from one posted by Kelly @ Trial and Eater (trialandeater.com) whose recipe in turn was adapted from AllRecipes.com, whose recipe in turn may have been adapted from somewhere else. In any case, what follows is our version.

You can do this! The preparation takes only about a half-hour from start to finish (from getting out your ingredients to putting your concoction in the refrigerator). However, to enjoy it cold, it is best to plan ahead, preparing it the day before you intend to drink it, refrigerating it overnight.

Get out your equipment and ingredients:

- 1 to 1.5 quart saucepan
- Cooking thermometer (a meat thermometer will work ok)
- A large spoon or soup ladle
- Nine large eggs
- 1/4 cup of sugar
- 2 cups of 2% milk
- 1/2 teaspoon of ground cinnamon

- 1 & 1/2 cups of half and half or heavy whipping cream
- 1 teaspoon of vanilla extract
- 1/8 teaspoon of ground nutmeg

- Optionally: 1/2 cup of bourbon; or brandy or rum if bourbon isn't available.

Makes four servings.

Separate the yolks from nine eggs, putting the yolks into a large mixing bowl. Add 1/4 cup of sugar to the yolks, beat the yolks and sugar with a spoon until the sugar is thoroughly mixed into the yolks, then set aside. Discard the egg whites, or save for some other purpose.

In a 1 to 1.5 quart saucepan, put 2 cups of 2% milk, add 1/2 teaspoon of ground cinnamon, and put on the stove over low heat. Hold the thermometer in the milk with one hand and stir the milk continuously with your other hand. When the temperature has reached 95 to 100 degrees F., use a large spoon or soup ladel to spoon several spoons-ful of the warm milk (one at a time) into the egg yolk mixture, and stirring after each spoonful to "temper" the yolks. Do this several times until the yolk mixture is fairly diluted, then pore the yolk mixture into the milk in the saucepan.

Stir thoroughly. Then keeping the saucepan on low heat, once again hold the thermometer in the mixture with one hand, and stir continuously with your other hand. Keep doing this until the temperature reaches 165 degrees F. (This should only take about 10 minutes, so don't get impatient and raise the heat.) Next, take the saucepan off the heat, and allow to cool for a few minutes while you retrieve the half and half, vanilla extract, and nutmeg.

Finally, add 1 & 1/2 cups of half and half, 1 teaspoon of vanilla extract, and 1/8 teaspoon of ground nutmeg to the saucepan and stir thoroughly. Put the saucepan in the refrigerator overnight.

The next day, optionally, add 1/2 cup of bourbon. Our various "test testers" preferred the use of bourbon over the choice of rum or brandy (we used Evan Williams Kentucky Straight Bourbon 43% alcohol, i.e., 86 proof;) to make the alcohol-containing version of this eggnog, however the latter two are also acceptable (one at a time). If you add too much bourbon or other liquor, it will dominate the flavor of the egg nog, so don't overdo it. Remember to drink responsibly, and never drink and drive.

Shake or mix well, then pour into serving glasses. Sprinkle a little nutmeg on top for a picture-perfect serving.

Enjoy!