Chef Ben's
No Cook Homemade Eggnog In A Blender
Serves 8-10



Ingredients

- 6 Large pasteurized eggs - either store bought or DIY as per directions
- 1 Cup granulated sugar
- 2 Cups whole milk
- 1 Cup heavy cream
- 1 Tsp pure vanilla extract
- 1/2 Tsp ground nutmeg - plus more for garnish
- 1/4 Tsp ground cinnamon
- 1/4 Tsp salt
- 1 Cup fine Kentucky bourbon - optional
- Whip cream for garnish if desired

Directions

To pasteurize eggs, in a medium saucepan heat 2 quarts of water to 140 degrees Fahrenheit. Gently add the eggs to the water, and maintain the 140 degree temperature for 3 minutes. This will require a digital thermometer and some attention, but it's very easy to do. When the three minutes is up, cool the eggs quickly in an ice bath.

In the jar of your blender, add the eggs and sugar. Blend until combined and the mixture is thick and creamy...about 30 seconds. Then, with the blender on medium-low speed, add the remaining ingredients, adjusting the speed until the mixture is rich and smooth.

Refrigerate approximately 2 hours for the flavors to develop. Serve with additional nutmeg and whipped cream if desired.

Enjoy,

Chef Ben