The Best Eggnog Recipe Ever; No, I Mean Real Eggnog

I’m not talking about the stuff that comes out of a carton. Yuck!

I mean the kind that’s loaded with live enzymes, nutrient dense vitamins and of course delicious good cheer.

The most important ingredient is that the ingredients be important. That is, preferably raw, organic milk and cream and free range egg yolks. Here’s one of my Christmas favorites:

12 free range eggs
6 cups raw milk
2 cups heavy, raw cream
1/2 cup raw honey. If you don’t like the flavor of honey, consider maple syrup or succanat
2 teaspoons freshly ground nutmeg

Traditional Eggnog Directions

Submerge the eggs (still in the shell) in a large bowl of near boiling hot water plus a few drops of dish soap. As the water cools; wash, rinse then wipe the eggs dry.

Separate the egg yolks, place in a mixer with the honey and beat for 10 minutes.

Allow to cool in the refrigerator for up to 8 hours
30 minutes before you plan to serve, mix the milk into the chilled yolk mixture.If you plan to add brandy, this is the time to incorporate it.
Stir in 1+ 1/2 teaspoons ground nutmeg.
On high-speed, in a separate bowl, beat the cream until the cream forms stiff peaks.

In yet another bowl, beat the egg whites until stiff peaks form.
Gently fold the egg white mixture into the egg yolk mixture.
Gently fold the cream into the egg mixture.
Ladle into cups and sprinkle with the remainder of nutmeg.

Serves: 8