Thanksgiving Eggnog

Adapted from Chef Jean-Pierre's Homemade Eggnog (chefjeanpierre.com/recipes/eggnog). Made by hand, alcohol-free.

BATCH	MAKES	SERVES	ALCOHOL
1.5x the original recipe	About 9 to 10 cups	About 12 (1/2 to 3/4 cup glasses)	None in the bowl; adults add their own

Ingredients

	INGREDIENT	AMOUNT	NOTES
☐	Whole milk	3 cups	1 quart covers it
☐	Heavy cream	1 1/2 cups + about 1 cup	Custard + topping; 1 quart covers both
☐	Large eggs	9, separated	Bring the dozen; 3 spares for a broken yolk
☐	White sugar	1 cup + 1 to 2 tbsp	1/2 cup yolks, 1/2 cup whites, the rest for topping
☐	Ground cinnamon	3/8 tsp (1/4 + 1/8)	Plus extra for dusting
☐	Nutmeg, freshly grated	3/8 tsp (1/4 + 1/8)	From a whole nutmeg
☐	Salt	1 generous pinch	
☐	Tahitian vanilla	1 1/2 tbsp	Plus a few drops for the topping
☐	Cinnamon sticks	1 per glass	
☐	Chocolate	A small piece	For grating on top

No 1/8 teaspoon? Use half of the 1/4 teaspoon. For 3 cups of milk, fill the 1-cup measure three times.

Pack From Home

- ☐ Eggs, milk, cream (from the fridge, last)
- ☐ Sugar (the whole bag)
- ☐ Cinnamon and cinnamon sticks
- ☐ Salt
- ☐ Vanilla
- ☐ Chocolate for grating
- ☐ Whole nutmeg and the long grater
- ☐ Big balloon whisk
- ☐ Measuring cups and spoons
- ☐ Aluminum bowls (ice bath, chilling)
- ☐ Kitchen thermometer, if you have one
- ☐ This printed recipe

Start time: _____
Write it in, then fill each Clock box: start time + the minutes shown.

1. PREP

WHEN	CLOCK		STEP
+0	_____	1	Unpack. Clear a fridge shelf. Fill a big bowl or roasting pan halfway with ice and a little cold water: the ice bath.
+10	_____	2	Separate the 9 eggs while cold. Crack each white into a small cup first, then into the whites bowl (glass or stainless, not plastic), so one broken yolk can't spoil them all. Cover the whites and refrigerate.

2. CUSTARD

WHEN	CLOCK		STEP
+20	_____	3	Heat the milk and 1 1/2 cups cream on medium-low. Ready when it steams with small bubbles at the edge. Don't let it boil. While it heats, in a large bowl beside the stove, whisk the yolks with 1/2 cup sugar for 1 to 2 minutes, until the sugar no longer feels gritty. Whisk in the cinnamon, nutmeg and salt, then the vanilla.
+30	_____	4	Temper: whisking constantly, add one ladle of hot milk to the yolks every 10 seconds until about half the milk is in. Then pour the yolk mix back into the pot.
+35	_____	5	Cook on medium-low, stirring constantly, 15 to 20 minutes, until it coats the back of a spoon and a finger line drawn through it stays clean. 170 to 175 °F. Steam puffs or bubbles at the edge: pull it off the heat now. Never boil.

3. COOL

WHEN	CLOCK		STEP
+50	_____	6	Off the heat. Pour into a clean metal bowl (through a sieve if you have one) and set it in the ice bath. Stir every few minutes; add ice as it melts.
+80	_____	7	When it feels cold, cover and put it in the fridge. Give it at least 1 hour before the meringue goes in.
+85	_____	8	Wash the balloon whisk in hot soapy water and dry it well. Any yolk or fat left on it will stop the whites from whipping.

The custard keeps in the fridge for up to a day. Stage 4 is timed from serving, on the next page.

Serving time (S): _____
At least 3 1/2 hours after the start time; 4 to 5 hours is comfortable. Fill each Clock box: serving time minus the minutes shown.

4. MERINGUE, THEN SERVE

WHEN	CLOCK		STEP
S−105	_____	9	Take the whites out of the fridge so they whip faster.
S−75	_____	10	In a clean, dry bowl of 4 to 5 quarts, beat the whites until white and holding a trail. Add 1/2 cup sugar 1 tablespoon at a time and keep beating, about 15 minutes in all; trade off with a helper. Stop when it's glossy and the peak tip curls over. Not dry, not stiff.
S−60	_____	11	Fold: stir a quarter of the meringue into the custard, then fold in the rest. Cut down the middle, sweep across the bottom and up the side, turn the bowl a quarter turn, repeat. Stop when no big white streaks remain. Back to the fridge.
S−25	_____	12	Whip about 1 cup cream with 1 to 2 tbsp sugar and a few drops of vanilla, about 5 minutes. Keep it cold.
S−10	_____	13	Set out the glasses, cinnamon sticks, chocolate and the grater.
S−5	_____	14	Whisk the risen white back in. Pour 1/2 cup for younger kids, 3/4 cup for others. Top with whipped cream, grated chocolate or cinnamon, and a cinnamon stick.

If Something Goes Wrong

- **Custard grainy or near boiling:** off the heat at once; pour through a sieve (or use an immersion blender) into the clean bowl, then into the ice bath.
- **Meringue won't foam:** keep beating. If it still won't, yolk or grease got in: use the spare eggs, a clean bowl and a washed whisk, or skip the meringue (thinner, still good).
- **White rising to the top:** normal. Whisk it back in before pouring and before each refill.
- **Not cold enough at serving:** no ice cubes. Set the bowl in a fresh ice bath and stir for 10 minutes.

Keep the bowl in the fridge between pours. Adults add bourbon or rum to their own glass, as the original recipe does.