



EGGCELLENT EGGNOG

Delicious paired with sweet Christmas bakes or on its own as a light, after-dinner treat, eggnogg is a traditional, American festive drink. The light whites and golden yolks of Burford Browns give this eggnog recipe a creamy richness – the perfect alternative to the tart flavours of mulled wine.

Prep time 10 minutes (plus chilling) | Cook time 10 minutes | Serves 6

INGREDIENTS

- 1 pint milk
- 200ml double cream
- 1 vanilla pod, halved, seeds scraped out (or 1 tablespoon vanilla bean paste)
- Half a whole nutmeg, grated (plus a little extra for serving)
- 2 cinnamon sticks
- 2 whole cloves
- 4 Burford Brown eggs, separated
- 100g golden caster sugar
- 130ml dark or spiced rum
- 3 tablespoons demerara sugar
- 1 teaspoon ground cinnamon



METHOD

Pour the milk and cream into a saucepan. Add the spices (including the empty vanilla pod) and place over a medium heat. Bring to a simmer (but do not boil) and allow to cool for 5 minutes, to allow the flavours to infuse.

Meanwhile, place the egg yolks and sugar in a large mixing bowl. Whisk well, until light and thickened. Strain the warm milk into a jug through a sieve. Pour the spiced milk into the bowl of egg yolks in a steady stream, whisking well, then stir in the rum.

If serving later, place the mixture in a cooled, sterilised bottle with a tight fitting lid and allow the flavours to develop in the fridge. The egg whites can also be frozen in a sandwich bag until you're ready to use, then defrosted in the fridge before whisking.

If serving immediately, place the egg whites in a large mixing bowl and whisk until they form soft peaks.

Mix the demerara sugar and ground cinnamon on a plate and prepare a small bowl of rum or water ready.

Fold the egg whites in to the eggnog mix then pour into a serving jug. Dip the rims of serving glasses into the rum or water, then dip straight into the sugar and cinnamon mix. Divide the eggnog between glasses and finish with a grating of nutmeg.



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