

REVOLUTIONARY EGGNOG

The Kingdom of East Anglia (Old English) was a colony of the Angles and later one of the kingdoms of Anglo-Saxon England. Eggnog originated in East Anglia, England, developed from a medieval European beverage made with hot milk. The "nog" part of its name stems from the word "noggin", a Middle English term used to describe a small, wooden, carved mug used to serve alcohol. Yet another story is that the term derived from the name "egg-and-grog", a common Colonial term used to describe rum.

The ingredients for the drink were expensive, so it was popular mainly among the aristocracy. "You have to remember, the average Londoner rarely saw a glass of milk," says author and historian James Humes. "There was no refrigeration, and the farms belonged to the big estates. Those who could get milk and eggs to make eggnog mixed it with Brandy or Madeira or even Sherry.

The drink crossed the Atlantic to the English colonies during the 18th century. Since brandy and wine were heavily taxed, rum from the Triangular Trade with the Caribbean was a cost-effective substitute. The inexpensive liquor, coupled with plentiful farm and dairy products, helped the drink become very popular in America. When the supply of rum to the newly founded United States was reduced as a consequence of the American Revolutionary War, Americans turned to domestic Whiskey and eventually to Kentucky Bourbon.

Ingredients

- 2 Dozen JUMBO Fresh Brown Eggs
 - 1 Teaspoon Sea Salt
 - 4 1/2 Cups Sugar
 - 2 Cups Bourbon Whiskey (important for authentic flavor)
 - 2 Cups Courvoisier VSOP Cognac (important for authentic flavor)
 - 1 Quart Milk
 - 1 Quart Half & Half
 - 4 Tablespoons Real Vanilla Extract
 - 6 Pints Heavy Cream
 - 1 Jar Whole Nutmeg
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- 1 4 Gal. Stainless Steel Soup Kettle with lid

Procedure – Allow two days.

Day One

- In 2 regular mixing bowls Separate Eggs**
(be extra careful DO NOT allow any yolk in the whites)
- Cover bowl of Egg Whites and put away in refrigerator.**
- Put Egg Yolks in Large mixing bowl** (about 6-8 Qt size, must fit in the refrigerator)
- Beat Egg Yolks and Salt - slowly add 2 cups sugar...beat until thick and pale.**
- Stir in the - Bourbon - Cognac - Milk - Half&Half - and finally the Vanilla.**
- Put in refrigerator for about 12 hours or overnight.**
(important because the alcohol absorbs into the yolk proteins killing any bacterial elements)

Day Two

- Beat Egg Whites until foamy – slowly add remaining Sugar – continue to beat until stiff peaks** (this takes about 35 minutes with a regular hand held mixer)
- Transfer Yolk/Liquor mixture from refrigerator into the large 4 Gal Kettle**
- In Extra large mixing bowl whip the Heavy Cream until stiff** (this takes about 20 minutes with a regular hand held mixer)
- Fold into the 4 Gal Kettle with the Yolk mixture. Mix well with extra large whisk or paddle.**

Ready to serve.

STIR OFTEN (3-4 times a day) **and before each serving.**

Use zester to grate fresh Nutmeg over each glass.

Can be stored outside in shade if the temperature is under 50° or use a tub of ice.

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