

# Bert's Eggnog

updated 2021

from Alyson B. Stanfield, Art Biz Success

Alyson's way adapted from source: *Aunt Susan's How-To Cookbook* (1951)

*This recipe is for neither the faint of heart nor those who aren't willing to make the effort. It's a lot of work, but you'll be rewarded in the end. Even people who think they don't like eggnog fall in love with this sinfully delicious concoction.*

*My mother first made it in 1959, the year she and Dad were married. But my Uncle Charlie had been making it for years. No one knows who Bert is! Mom looked up the recipe in the cookbook and it doesn't really say.*

*This recipe has been a part of my Christmases for at least 25 years. We started making it in Crested Butte, Colorado and always on Christmas Eve. After the batch was whipped up, we put it out in the snow overnight. The icy snow makes the nog thicken and the flavors are just that much better in the morning. Christmas morning just isn't Christmas without Bert's eggnog. (It's nice excuse for an afternoon nap, too!)*



6 eggs, separated  
1 C sugar  
1 pint bourbon  
1 jigger Bacardi rum  
1 pint whipping cream  
1 pint whole milk (we use almond-coconut blend milk)  
Freshly grated nutmeg

Whip cream in a bowl that has been chilled, along with the beaters.

On mixer, beat yolks until very thick and pale lemon color. Add sugar gradually, beating well until all sugar is dissolved. Add bourbon and rum, pouring it in a very fine stream and beating constantly. This cooks the eggs, so do pour it slowly.

In a large bowl, whip the egg whites until stiff and carefully fold into them the whipped cream.

Slowly pour the yolk mixture into the whites and cream, folding carefully.

Refrigerate at least overnight. Freezer preferred. Thin with milk before serving. (See notes).

Serve in a mug on Christmas morning with freshly grated nutmeg. Take a nap.

## NOTES

*I have learned over the years to use 3 bowls when I separate the eggs: 1 for whites, 1 for yolks, and 1, always empty, to crack the next egg over. That way if the yolk accidentally breaks, I only ruin one egg rather than all of the yolks or whites.*

*I use both a stand mixer (egg whites and whipped cream) and hand mixer (yolks). You can do it with just one mixer, but if you have two, use them. It helps to have a second set of hands here, especially if you're using a hand mixer.*

*We sometimes double this recipe so we can share with many friends. You need an extra large bowl or bucket for a double recipe.*

*Do not thin with milk before freezing as it gets icy and you miss the thick, creamy texture. Instead, if freezing, thin just before serving—we thin it one cup at a time. About 1/4C milk to every cup of nog.*

*The photo here is just a pretty picture. We prefer our nog much, much thicker.*