

## Sitting in the Kitchen with Tedd: The Traberts' Recipe for Getting Snookered Over the Holidays on Nine-Month Aged Eggnog!



**Prep Time** – about 10 mins.

(Unless you keep drinking the ingredients, then it takes a bit longer.)

**Aging Process** - Minimum of 30 days – prefer 9-Months

(The longer you let it sit the better it tastes – “like a fine wine.”)

**Serving Size** – about 1 gallon

(Minus the sipping amount.)

### Trabert Nine-Month Aged Eggnog Recipe

#### **The Eggnog Mixture:**

- 12 - large eggs (We prefer cage free but not required.)
- 2 Cups - granulated sugar (Opt for the real sugar and skip the fake stuff – it’s the holidays you deserve it.)
- 1 Cup - heavy cream
- 1 Quart (or 4 cups) - whole milk
- 1 Liter (about 4 cups) **Bourbon** (We used 1792 Ridgemont Reserve, Kentucky as our choice, but personal preference.)
- 1/2 cup – **Dark Rum** (Tedd prefers – Brugal Añejo Superior Rum)
- 1/2 - 1 cup of good **Cognac** (Hennessy Very Special) or other brandy
- Pinch kosher salt (Why Kosher? – Not sure but that’s what he said, so in it goes.)
- 1 whole nutmeg
- 2 Tablespoons – Vanilla extract

## **For the eggnog:**

**First**, separate the egg yolks and whites.

**Second**, combine the yolks and sugar in a large mixing bowl and whisk them until the components are blended and creamy. Transfer the egg mixture to a larger vessel.

**Third**, mix in the cream, milk, Bourbon, Rum, Cognac – (the most important ingredients) and the spices, vanilla and salt. Mix thoroughly until blended well.

**Fourth**, make sure you go ahead and bottle it right after you make your batch and the refrigerate it until it's ready for consumption.

**Fifth**, wrap the containers in aluminum foil, the shiny side out of course, with a cinnamon stick or nutmeg tucked into the foil for later.

**Lastly**, you need to keep the batch refrigerated for a minimum of 3 weeks to allow the alcohol content to sterilize the raw egg for consumption.

### **To serve (optional):**

- 10 egg whites (Not the ones from the original batch, new ones.)
- 1 ½ cups heavy cream

### **INSTRUCTIONS:**

Whip the 10 egg whites with the 1 ½ cups of heavy cream so that it has a soft peak consistency and then fold them into your eggnog. Tedd likes to serve his aged eggnog chilled in a holiday rocks glass with some freshly grated cinnamon or nutmeg on top.

**Hope your holidays will be as magical as the Trabert home!**