

Arthur's Classic Homemade Eggnog

Ingredients

- 6 large eggs, separated
- 1 cup granulated sugar
- 2 cups whole milk
- 1 cup cold heavy cream
- ½ to 1½ cups bourbon, rum, Cognac, or a blend (optional)
- Freshly grated nutmeg, for serving

Method

1. Separate eggs; refrigerate whites in an airtight container.
2. Whisk yolks with sugar until smooth, pale, and creamy. Whisk in milk, cream, and liquor (if using). Cover and chill at least 1 hour.
3. Just before serving, beat egg whites to stiff peaks (stand mixer, high speed, ~2 minutes).
4. Gently whisk whites into the chilled base for a frothy texture.
5. Serve in a punch bowl; ladle into glasses and finish with nutmeg.

Make-Ahead Notes

- No alcohol: enjoy within 1 day.
- With ½–1 cup liquor: keeps several days.
- With ~1½ cups liquor: keeps several weeks and thickens as it ages (store in a sealed glass container; fold in beaten whites just before serving).