

Ingredients for Classic Eggnog

Whip up this cozy holiday favorite with these simple ingredients:

- **Large eggs:** Yolks give the drink a rich, creamy foundation, while whipped egg whites add frothiness.
- **Granulated sugar:** Sweetens the drink.
- **Whole milk:** Thins the rich ingredients slightly for a smooth texture.
- **Heavy cream:** Whipped for a rich, velvety mouthfeel.
- **Freshly grated nutmeg:** Sprinkled over the drink for a warming touch.
- **Bourbon, brandy, cognac, or rum (optional):** Alcohol adds complexity, warmth, and depth to the eggnog. For a non-alcoholic version, leave out the alcohol entirely, or adjust the amount based on your preferences.

How To Make Classic Eggnog

While it does take a few more minutes to pull together than store-bought eggnog, every minute is worthwhile for the rich, indulgent results. Full instructions are below, but here's a brief recap before you get started:

- **Step 1. Beat egg yolks:** Beat egg yolks until thick and pale yellow. Gradually beat in some sugar until dissolved.
- **Step 2. Cook until thickened:** Bring milk, some cream, and a bit of nutmeg to a simmer in a small saucepan. Whisking constantly, stream the warm milk into the egg mixture. Return to the saucepan and cook over medium heat, stirring constantly, until slightly thickened and at 160°F. Pour into a bowl and stir in liquor if using. Cover and chill.
- **Step 3. Beat egg whites:** Before serving, beat egg whites to soft peaks. Add remaining sugar and whip to firm peaks. Fold into chilled base.
- **Step 4. Whip cream:** Whip remaining cream to stiff peaks, and fold all or half into eggnog, using the rest as garnish if desired.
- **Step 5. Garnish and serve:** Garnish with nutmeg and serve.

Our Secrets for the Best Classic Eggnog

A review of classic recipes reveals five secrets to great homemade eggnog:

- **Keep things simple:** This fabulous eggnog requires only five ingredients. There are recipes for quirky eggnog variations out there, but people who love eggnog *love* eggnog and want it to taste like eggnog.

- **Begin with a great custard base:** Although many old-fashioned recipes just stir it all up, most contemporary recipes call for gently cooking the base to allay any concerns about uncooked eggs. Plus, many people contend that a cooked custard base keeps eggnog from tasting too eggy. Alternatively, you can use pasteurized eggs.
- **Fold in beaten egg whites:** To ensure the eggnog turns out light and frothy instead of dense and sticky. To double down on the pillowy softness, fold in whipped cream as well.
- **Chill thoroughly:** Allow the eggnog to chill in the refrigerator for at least an hour, or even overnight, to let the flavors develop and meld before folding in the whipped egg whites and cream.

<https://www.southernliving.com/recipes/classic-eggnog>

Accessed 2025-11-25