

THE GENTLEMAN'S EGG NOG ICE CREAM

What you need (approximate 1 pint yield):

- 3 egg yolks
- 1/3 cup sugar (superfine works best) + an additional tablespoon
- 2 1/2 cups whole milk
- 1 cup heavy cream
- 1 tablespoon whiskey or bourbon**
- 1 tablespoon spiced rum**
- 1/2 teaspoon vanilla, or the caviar of 1/4 of a vanilla bean
- 1 teaspoon fresh grated nutmeg
- 3 egg whites

***may be doubled or eliminated.*

This is very easy. Using an electric mixer, beat the egg yolks for about 2 minutes. Add the 1/3 cup sugar gradually. Beat until the sugar dissolves. Add milk, cream, booze, nutmeg, and vanilla.

In another bowl with clean beaters, beat the egg whites until they form soft peaks. Gradually add the 1 tablespoon sugar and beat to stiff peaks.

Fold the egg whites into the mixture, chill.**

***Yes, this recipe contains uncooked eggs. Yes, the FDA says eggs should get to 160 degrees for "food safety".*

However, you eat steak medium and raw oysters and over

easy eggs, don't you? And most dietitians/nutritionists agree that raw organic eggs are the cleanest, safest form of protein available. So screw the FDA.

If you don't want to make ice cream, you can serve this as is right now! It's delicious!

VERSION 2

What you need:

- 1 pint commercially produced eggnog, your favorite variety*
- 1 tablespoon whiskey or bourbon**
- 1 tablespoon dark spiced rum**
- 1/2 teaspoon vanilla, or the caviar of 1/4 of a vanilla bean
- 1 teaspoon fresh grated nutmeg

**Not the kind from the liquor store. It won't freeze. The kind from the dairy case.*

***may be doubled or eliminated.*

Mix all the ingredients together and chill to very cold.

MAKING THE ICE CREAM

I use this with my Kitchenaid Mixer:

http://www1.bloomingdales.com/shop/product/kitchenaid-kica-ice-cream-attachment-kica0wh?ID=481896&pla_country=US&cm_mmc=Bing-PLA-_-Home-HomeCoop-_-Kitchenaid-_-50946960197USA&CAWELAID=120156070003174529&catargetid=120156070003728566&CADEVICE=c

I think it's a great tool. Super easy, no fuss. You use what works for you.

Pour the well-chilled liquid into the SUPER FROZEN bowl of the mixer attachment. Process on slow/stir for about 25 minutes.

Remove the dasher and put the ice cream (should be about soft serve consistency) into a bowl or container, and quickly get it into the freezer.

It will continue to harden. Allow it to sit for a few hours before you serve it so it's nice and firm.