Bert's Eggnog

from Alyson B. Stanfield, Art Biz Success
source: *Aunt Susan's How-To Cookbook* (1951)

6 eggs, separated
1 C sugar
1 pint bourbon
1 jigger Bacardi rum
1 pint whipping cream
1 pint whole milk

Whip cream.

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. [Alyson's note: it helps to have a second set of hands here, especially if you're using a hand mixer.]

In a large bowl (that has been chilled, along with the beaters), 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. Thin with milk (we use almond milk) to the consistency you like.

Refrigerate at least one hour. [Alyson's note: 1 hour!??? That's crazy. It must be overnight. Better yet if you can set it outside in the snow with a foil covering.]

Serve in a mug on Christmas morning with freshly grated nutmeg. YUM!

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. If you don't have snow or cold weather, I might suggest a few hours in the freezer. Christmas morning just isn't Christmas without Bert's eggnog. (Makes for a nice excuse for an afternoon nap, too!)