



# Egg Nog Farm Style

A RECIPE BY TESSA DEMASTER, WILLOW HAVEN FARM

## ingredients

- 3 dozen pastured farm eggs
- 1 gallon grassfed raw milk
- 1 quart grassfed raw cream
- 1 cup real maple syrup
- 2 T real vanilla
- pinch of salt
- sprinkle of ground nutmeg

## to serve

- Whip 2 cups of reserved egg whites until soft peaks occur. As you whip, add a sweetener if desired (we don't).
- Pour egg nog mixture into punch bowl.
- Fold whipped egg whites into liquid.
- Sprinkle with nutmeg.
- Serve as is or with a shot of White Rum.

## directions

- 2 days ahead:
  - separate yolks from whites. Remove cloudy, "strings" from egg whites and discard. Save and refrigerate egg whites for later.
  - Skim cream from two additional gallons of milk to collect 1 quart of cream.
  - Mix egg yolks, milk, cream, vanilla, salt and maple syrup together well. Refrigerate and age for 24 - 48 hours.

### caution:

This is for informational purposes only. Use of raw eggs and dairy can affect your health.