

EGGNOG

- 6 eggs - or just the yolks
- 1 cup Cognac
- 1 cup aged rum
- 2 tablespoons (1 oz) bourbon
- 1 cup heavy cream
- 1 cup whole milk
- 1 cup cinnamon syrup (or ½ cup sugar, plus 2 teaspoons cinnamon)
- grated nutmeg

In a mixing bowl, thoroughly whisk or blend the eggs, cream, milk and cinnamon syrup together. An electric hand mixer or, particularly, an immersion blender makes quick work of this.

Add the spirits while stirring. Grate in a whole bunch of nutmeg.

Refrigerate for at least 2 hours, ideally longer, or put in the freezer for an hour or so. Better yet, stick the whole batch outside if it's cold enough; 20-30 degrees Fahrenheit is ideal Nog-chilling weather.

To serve, pour into small wine glasses or punch cups and grate a little more nutmeg on top.

Cinnamon Syrup

- 1 cup sugar
 - 1 cup water
 - 10-12 cinnamon sticks, or ¼ cup crushed cinnamon sticks (about 5 sticks) or bark.
1. Combine sugar and water in a pot over medium heat and stir until dissolved (if you stop here you have simple syrup).
 2. Add the cinnamon sticks/bark, increase heat and bring to a rolling boil.
 3. Let it boil for 1 minute, then remove from heat and cover. If you let it continue to boil, too much water will evaporate and throw off the balance.
 4. Allow the mixture to steep off heat at room temperature for at least 4 hours, but ideally 12 hours/overnight. Longer it sits the stronger it'll be.
 5. If using crushed sticks/bark, strain them out, before storing. If using cinnamon sticks they can be left them in. Store in the refrigerator. This will keep for several months.

