



# Eggnog

Eggnog, historically also known as **milk punch** or **egg milk punch**, is a rich, chilled, sweetened, creamy dairy-based beverage traditionally made with **milk**, **cream**, **sugar**, **whipped egg whites** and **egg yolks**, as well as **distilled spirits** such as brandy, rum or bourbon. Eggnog is traditionally consumed throughout **Canada** and the **United States** during the winter festive season, that is, from **American Thanksgiving** (late November) until **Candlemas** (February 2). In time, eggnog has also gained popularity worldwide, including **Australia** (where supermarkets stock pre-prepared versions of the drink) as well as **Venezuela** and **Trinidad**, where a variety of eggnog called **Ponche Crema** has been made and consumed since the 1900s. Eggnog is also often home-made, using milk, eggs, sugar, whiskey or rum, and such spices as **cinnamon** and **nutmeg**. **Cardamom** – despite not being a traditional ingredient – gives a nice spicy twist to this beverage. While eggnog is often served chilled, it may also be served warm in a similar way to **mulled wine**.



Click on the Picture for a Video of this **RECIPE**