

SPICED APPLE EGGNOG

Lait de Poule aux Pommes et Épices

Source: The Gilded Table – December Edition

Prep Time: 10 min | **Cook Time:** 10 min

Yield: 4 cups



Recipe Description

This spiced apple eggnog is a gentle holiday variation on the classic milk punch, enriched with eggs, warm spices, and softened by apple cider.

Lightly sweet and aromatic rather than heavy, it may be served warm by candlelight or chilled for a quieter, late-evening sip — a versatile December indulgence rooted in historic winter cordials.

Ingredients

- 2 cups whole milk
- 1 cup apple cider (fresh or unfiltered preferred)
- 3 large egg yolks
- $\frac{1}{4}$ cup light brown sugar
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground nutmeg
- Pinch of ground cloves
- 1 teaspoon vanilla extract

- **Optional (traditional additions):**
 - $\frac{1}{4}$ cup brandy or dark rum (optional, for adults)



Instructions

- 1. Warm the milk and cider:** In a saucepan over medium-low heat, combine the milk and apple cider. Heat gently until steaming, not boiling.
- 2. Whisk the eggs:** In a bowl, whisk the egg yolks with brown sugar until pale and slightly thickened.
- 3. Temper the eggs:** Slowly pour a ladle of the warm milk mixture into the eggs while whisking constantly.
- 4. Cook gently:** Return the mixture to the saucepan. Cook over low heat, stirring continuously, until slightly thickened and able to coat the back of a spoon.
- 5. Season and finish:** Remove from heat. Stir in spices, vanilla, and alcohol if using.
- 6. Serve:** Serve warm immediately, or cool completely and refrigerate to serve chilled.

Notes

- Serve with a light dusting of nutmeg or cinnamon
- May be prepared a day ahead
- Gentle reheating only — do not boil
- Pairs beautifully with shortbread or tea biscuits