



INGREDIENTS

- ☐ 6 large eggs
- ☐ 1/2 cup granulated sugar
- ☐ 1 cup heavy whipping cream
- ☐ 2 cups milk
- ☐ 1/2 teaspoon ground nutmeg
- ☐ 1 pinch of salt
- ☐ 1/4 teaspoon of vanilla extract
- ☐ ground cinnamon for topping

INSTRUCTIONS

1. Mix egg yolks and sugar until light and creamy
2. In a saucepan over medium heat, combine cream, milk, nutmeg, and salt
3. Stir often until the mixture reaches a bare simmer
4. Add a big spoonful of the hot milk to the egg mixture, whisking vigorously, while adding one big spoonful at a time to temper the eggs
5. Once most of the hot milk has been added to the eggs, pour the mixture back into the saucepan on the stove
6. Whisk constantly until the mixture starts to slightly thicken
7. Remove from heat and stir in the vanilla
8. Strain the mixture into a pitcher then cover it with plastic wrap
9. Refrigerate until chilled. It will thicken as it cools. For a smoother consistency, add the mixture to a blender
10. Serve with a sprinkle of cinnamon and nutmeg. Add whipped cream if desired. Store in refrigerator for up to 1 week