

A Recipe from Bechard Family Farm  
[www.bechardfarm.com](http://www.bechardfarm.com)

## Egg Nog

Makes 2 quarts

7 eggs  
½ gallon milk  
½ cup pure maple syrup  
¼ tsp. coarse salt  
2 tablespoons Vanilla  
2 cups whipped cream  
freshly grated nutmeg (optional)

Whisk together the eggs, milk, syrup, and salt in a large saucepan. Cook over low heat, stirring constantly, until the mixture thickens and will coat a spoon, about 1 hour. Pour the mixture into a bowl, and refrigerate for several hours.

When you are ready to serve, whip the cream and fold it into the eggnog. If you wish, stir in 1 cup rum and garnish with a few shakes of freshly ground nutmeg.