

Parsee Egg Nog



Method

In a saucepan boil the water, sugar, star anise, cardamom and cinnamon stick for 5 minutes or until the sugar has dissolved and the mixture is 'sticky'. Set aside to cool.

Beat the egg yolks until thick and pale. Combine in a separate bowl the milk, vanilla essence, brandy and spiced sugar syrup and whisk together.

Add the milk mixture to the egg yolks whisking well.

In a separate bowl with a clean whisk beat the egg whites until stiff and fold through the milk mixture.

Chill and serve garnished with ground cinnamon.



Ingredients

½ star anise
1 green cardamom crushed
½ inch [Sri Lankan Cinnamon stick](#)
½ cup water
2 tbsp sugar (or to taste)
2 cups milk
2 egg yolks
Vanilla essence (optional)
Brandy to taste
Egg whites