

Ponche de Crème Trinidads Eggnog

Oscar · 29/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

6

Description

Ponche de crème is a cream punch that's similar to eggnog. It's Trinidad's traditional Christmas drink and has quite a kick if you use just the right amount of rum.

Ingredients

- 6 large eggs
- beaten - 2 teaspoons grated lime zest - 3 (14 ounce) cans sweetened condensed milk - $\frac{3}{4}$ cup canned evaporated milk - 1 $\frac{1}{2}$ cups rum - 1 tablespoon aromatic bitters - 1 pinch freshly grated nutmeg

Instructions

1. Beat eggs and lime zest in a large bowl using an electric mixer until light and fluffy. Gradually pour in condensed milk while continuing to mix
2. and then pour in evaporated milk. Stir in rum and bitters and sprinkle with nutmeg. Transfer to a bottle and chill for at least 1 hour before serving. Serve over crushed ice. Editor's Notes: This recipe contains raw egg. We recommend that pregnant women
3. young children
4. older adults
5. and the immunocompromised do not consume raw egg. Learn more about egg safety from our article
6. How to Make Your Eggs Safe. You may replace the 6 eggs in this recipe with 1 1/2 cups of purchased pasteurized egg product. You may also pasteurize your own eggs by heating in a bowl over a pan of simmering water. Stir constantly so you do not cook the eggs
7. and heat to 160 degrees F (68 degrees C).