



Saffron Egnog

15'
Hands on

7'
Cook Time

10
Portion(s)

1
Difficulty



Ingredients

- 500 g milk
- 1 g saffron
- pinch of cinnamon
- 1 ½ teaspoon vanilla extract
- 50 g granulated sugar
- 50 g maple syrup
- 4 egg yolks, medium eggs

Διατροφικός πίνακας

Nutrition information per portion

90 Calories (kcal)	4.1 Total Fat (g)	1.8 Saturated Fat (g)	10.0 Total Carbs (g)
5%	6%	9%	4%
10.0 Sugars (g)	2.8 Protein (g)	0.0 Fibre (g)	0.06 Sodium (g)
11%	6%	0%	1%

Method

- Place a saucepan over low to medium heat.
- Add the saffron, cinnamon, vanilla extract and sugar. The sugar is added to protect the milk so that it doesn't burn on the bottom of the pot.
- Let the mixture come to a boil and remove from heat.
- Add the maple syrup to stop the boiling process so that the egg yolks don't burn when they are added. The mixture will be hot enough to pasteurize the yolks.
- Place the egg yolks in a bowl and gradually add the hot mixture.
- Whisk thoroughly, pass through a strainer and serve.