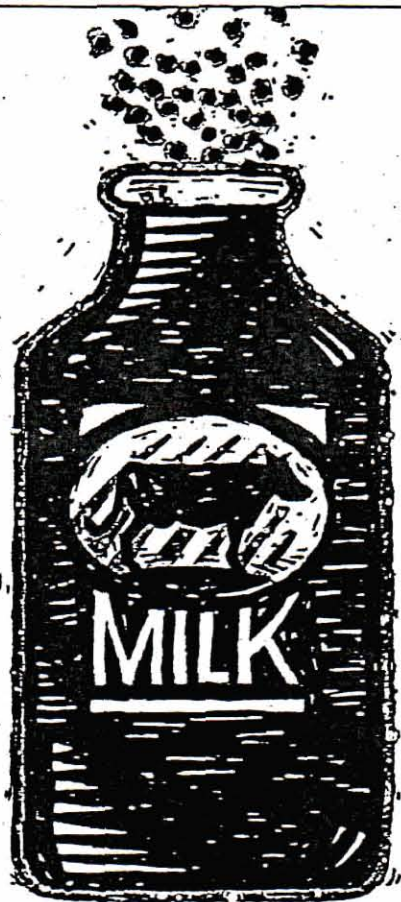


Using That Powdered Milk



You can substitute nonfat dry milk in any recipe that calls for whole milk, evaporated milk, sweetened condensed milk, sour milk, buttermilk, yogurt, or scalded milk (as in yeast breads). Not only is it less expensive than fresh or canned milk products, but in most cases it contains the same nutrients (except for fat), with less cholesterol and fewer calories—especially if it has vitamins A and D added.

Whole Milk. In recipes that call for fresh milk, substitute

reconstituted nonfat dry milk in the same quantity. Or for each cup of whole milk in a recipe, use one cup (8 fluid ounces) water with $\frac{2}{3}$ cup (3 ounces British) dry milk. If the recipe uses dry ingredients, you can mix the powdered milk with them and add the same amount of water as the recipe calls for milk. But if the recipe contains only liquid ingredients, mix nonfat dry milk and water together thoroughly before adding to the recipe.

Sweetened Condensed Milk.

In a blender, combine $\frac{1}{2}$ cup (4 fluid ounces) hot water, 1 cup (4 ounces British) sugar, and 2 tablespoons (1 ounce British) margarine. While blending, add 2 cups (8 ounces British) nonfat dry milk. Blend thoroughly, then store in the refrigerator or freezer. Use this mixture in place of sweetened condensed milk in any recipe.

Sour Milk. To one cup (8 fluid ounces) reconstituted dry milk, add 1 tablespoon vinegar or lemon juice and allow to stand for five minutes. You can also use this mixture in place of buttermilk in a recipe.

Buttermilk. Combine 4 cups (32 fluid ounces) water and 1 cup (4 ounces British) nonfat dry milk. Stir to dissolve. Stir in $\frac{1}{2}$ cup (4 fluid ounces) buttermilk and a pinch of salt. Blend well. Allow to stand at room temperature overnight (10 to 12 hours). Stir until smooth. Chill before serving. Keep in a covered container in the refrigerator. Save $\frac{1}{2}$ cup (4 fluid ounces) of buttermilk to use for making another quart.

Yogurt. Using spotlessly clean utensils, pour 2 cups (16 fluid ounces) warm water (100 degrees F or 38 degrees C) into a blender and turn it on low speed, slowly adding $\frac{1}{2}$ cup (2 ounces British) nonfat dry milk. Blend well. Add

3 tablespoons purchased plain yogurt that does not contain gelatin. Blend again. Pour into jars or glasses. Place the jars neck deep in 100-degree F (38 degrees C) water. Cover the pan with a lid, and set in a warm place by a heater or in a warm cupboard. Yogurt should set in 4 hours. Chill immediately. It will keep in a refrigerator for up to four weeks.

Scalded Milk. Using nonfat dry milk in yeast-bread recipes eliminates the necessity for scalding milk. Substitute warm water for scalded milk; add nonfat dry milk to the flour mixture, using $\frac{1}{3}$ cup (1 $\frac{1}{3}$ ounces British) powdered milk for each cup of milk called for in the recipe.—Relief Society General Board

When storing your powdered milk, be sure to use moisture-proof containers. Metal or glass work well, just be sure that what ever you use is free of odors. Keep your milk close by and USE IT!

Stored at 70 degrees, it will last 1 year. Stored at 90 degrees, it needs to be rotated every three months.

Be sure you know what kind of milk you have purchased to store. If you have purchased instant dry milk, it will mix easily following the directions on the package. You may also refer to the chart that will follow this section. If you are storing non-instant dry powdered milk try one of the two methods described below.

METHOD 1

Combine 1/2 of the required water and all the milk powder in a blender and blend until smooth, then pour in the remaining water and mix.

METHOD 2

Place the appropriate amount of milk powder in a bowl. Add just enough water to make a thick paste. Beat with a spoon or fork until smooth. Stir in the remaining water and mix well. This is best chilled at least 8 hours before using.

USING POWDERED MILK

MAKING FLUID MILK FOR DRINKING

To make fluid milk, use the following proportions:

To Make	Water	Non-Instant*	Instant
1 gallon	3 3/4 quarts	3 cups	5 2/3 cups
1 quart	3 1/2 cups	3/4 cup	1 1/3 cups
1 cup	7/8 cup	3 Tbs.	1/3 cup
1/2 cup	1/2 cup	1 1/2 Tbs.	2 1/2 Tbs.

Stir the milk powder before measuring. However, excess powder will not alter recipes, only increase food value and flavor.

Fill a pitcher or widemouthed jar with sufficient water and slowly pour the milk powder into it. A spoon will usually be sufficient for the instant type, but a wire whisk will be quicker. A wire whisk or rotary beater will be necessary for the non-instant. The milk will foam somewhat as it is beaten, so you may need a container a little larger than the amount of milk you are making.

SEVEN WAYS TO USE POWDERED MILK

1. In Baking

In recipes that call for fresh milk, substitute reconstituted nonfat dry milk in the same quantity. Or for each cup of whole milk in a recipe, use one cup water with 2/3 cup dry milk. If the recipe uses dry ingredients, you can mix the powdered milk with them and add the same amount of water as the recipe calls for milk. but if the recipe contains only liquid ingredients, mix nonfat dry milk and water together thoroughly before adding to the recipe.

2. MAKE A WHITE SAUCE

Put half the required amount of water into a saucepan and bring to a boil. Meanwhile, in a blender or with a whisk or electric hand mixer, combine the other half of the water, the amount of dry milk powder needed for the entire amount of white sauce, and the required salt and flour. When the water comes to a boil, reduce the heat. Remove the pan from the heat and stir in the blended milk and flour mixture. A flat wooden paddle or a short handled spatula works well. Return to the heat and stir constantly until thick. Add butter or margarine for flavor if desired. This method requires much less time to prepare than the traditional method, It is also much easier to make and less likely to lump.

3. MAKE HOME-MADE PUDDING AND PIE FILLING

Start with your favorite recipe. Use water for the required amount of milk. Bring to a boil in a saucepan. Mix the proper amount of milk powder(for the amount of water you are using) with the other dry ingredients in the recipe. Beat the eggs and set aside, When the water comes to a boil, turn it off and with a wire whisk, or electric beater beat the dry ingredients into the hot water. Beat until smooth and then add the eggs and continue beating and cooking until thick. This takes about 1 minute. Stir in butter and flavorings. Cover and refrigerate.

BASIC PUDDING RECIPE

Four serving size. Mix together:

1/2 cup sugar
3 Tbs. flour
1 Tbs. constarch
1/4 tsp. salt
1/2 cup instant dry milk powder

Bring 1 3/4 cups water to a boil and beat in the mixed dry ingredients. Beat in 1 beaten egg and cook one minute. Stir in 1 Tbs. butter and 1 tsp. vanilla. Cover with plastic wrap and refrigerate.

4. USE POWDERED MILK AS A MEAT EXTENDER

Mix powdered milk powder into meat loaf, hamburgers, Etc. Use a ratio of 1/4 cup milk powder to 1 lb. of meat.

SWEDISH MEATBALLS

Combine:

- 1 lb. lean ground beef
- 1 lb. ground pork or sausage
- 1/2 cup minced onion
- 3/4 cup fine dry bread crumbs
- 1 Tbs. minced parsley
- 1 1/2 tsp. salt
- 1/8 tsp. pepper
- 1 tsp. Worcestershire sauce
- 1 egg
- 1/2 cup water
- 3 Tbs. instant milk powder

Shape into walnut sized pieces and brown in hot fat.

Remove meat and stir in:

- 1/4 cup flour
- 1 tsp. paprika
- 1/2 tsp. salt
- 1/8 tsp. pepper

Stir in 2 cups hot water and simmer 10-15 minutes.
Add 1 cup "sour cream" and simmer 5 minutes.

5. Make Sweetened Condensed Milk

Start with 1 1/3 cups instant powdered milk powder and 3/4 cups of sugar. Set aside. Pour 1/2 cup of hot tap water into a blender. With the blender going, pour in the milk and sugar mixture and blend until smooth. For a richer product, or to use in recipes where the sweetened condensed milk is replacing the shortening, as in some cookie recipes, add 4 Tbs. of butter to the hot water.

6. MAKE YOUR OWN BUTTERMILK

Mix 1 3/4 cups instant dry milk powder
3 cups slightly warm water
1/2 cup commercially made buttermilk.

Beat these ingredients until smooth. Cover and allow to clabber 6-12 hours.

7. HAVE FUN MAKING YOUR OWN MIXES!

FUDGSICLES

Combine:

- 3/4 cup sugar
- 3 Tbs. flour
- 1 Tbs. cornstarch
- 1/4 tsp. salt
- 3 Tbs. cocoa
- 2 cups instant dry milk powder

Beat the above ingredients into 4 cups boiling water and cook 1 minute.
Add 1/2 tsp. vanilla and pour into molds and freeze.

Claudia's Cocoa Mix

9 cups instant powdered milk
1 2 lb. box instant chocolate drink mix
1 lb. powdered sugar
1 large jar non-diary coffee creamer

Mix together. Store in an air-tight container. To use mix 3 Tbs. of mix
with 1 cup hot water.

For more information on using dry milk, please contact your
Stake Relief Society.

Information based on the following:

THERES A COW IN THE KITCHEN, Virginia D. Nelson

"Using That Powdered Milk", R.S. General Board, THE ENSIGN, March 1991, p.72-73
Nonfat Dry Milk, publication by Utah State University

RECIPES USING POWDERED MILK

HOMEMADE COTTAGE CHEESE

7-1/2 cups water
2-2/3 cups instant nonfat dry milk (in dry form) OR 1/2 cup less 1 Tbsp.
non-instant dry milk powder
1 cup buttermilk (see recipe for Homemade Buttermilk below)
1/2 tsp. salt

Mix water and dry milk in large bowl. (If non-instant dry milk is used, use blender to mix together for speed and convenience.) Stir in buttermilk. Cover with waxed paper and clean towel. Let stand in warm room until clabbered (overnight). Pour into large, heavy saucepan. Cook over very low heat for 1 hour or until curd is firm enough to hold its shape when pressed gently between the fingers. Pour mixture into strainer lined with single thickness of cheesecloth. Rinse with cold water. Put cheese in bowl. Mix gently with salt. Cover. Chill before serving. Store in refrigerator. Makes 2 cups. For moister cottage cheese, before chilling, add 1/2 cup homemade buttermilk or 1/2 cup liquid milk.

HOMEMADE BUTTERMILK

3-3/4 cups water
1-1/3 cups instant dry milk (in dry form) OR 7/8 cup non-instant dry
1/2 cup fresh dairy buttermilk milk powder

Mix water and nonfat dry milk in large bowl. (Use blender if non-instant dry milk is used.) Stir in buttermilk. Cover with waxed paper and clean towel. Let stand in a warm room until clabbered (overnight). Stir until smooth. Store in refrigerator. Makes approximately 1 quart. (Use 1/2 cup of this buttermilk to make your next quart.) Use to drink or in recipes calling for buttermilk.

HOMEMADE YOGURT

Mix 2 cups water with 1-1/2 rounded cups instant dry milk powder OR 1 cup non-instant dry milk. (Use blender to mix water with non-instant dry milk.) Pour into small sauce pan and heat to 115° F. (do not exceed 120° F. or you will kill the yogurt starter.) Add 2 Tbsp. plain yogurt (be sure it is fresh) to milk mixture and mix thoroughly, preferably in blender. Pour liquid into commercial yogurt maker jars and turn on yogurt maker. Let stand undisturbed for about 6 hours or until set. When set, remove jars from yogurt maker and refrigerate at least 3 hours or until well chilled.

To make homemade yogurt without a commercial yogurt maker, simply follow recipe above, then pour warm liquid into 8 to 10 oz. glass jars. Cover with lids and place in a pan of 110° F. water so that water comes up to neck of jar at the same level as the warm milk in the jar. Put pan in oven at 100° to 105° F. Maintain oven temperature throughout incubation period, about 5 to 6 hours. NEVER LET TEMPERATURE EXCEED 120° F. When yogurt is set, remove from pan and chill in refrigerator for at least 3 hours. Homemade yogurt is usually better tasting than commercial

yogurts because it is milder and not so sharp or tart. The older yogurt is, the more sharp it becomes. Use it freshly made, unless you prefer the sharper flavor.

"CREAMED" TURKEY AND MUSHROOM SKILLET SOUP

(Low Calorie)

What to do with the last of the turkey? The bird still has another meal in it if you're a penny-wise cook. If you're also calorie conscious, you can turn those leftover turkey bones into a rich-tasting soup that only seems fattening.

1 turkey carcass	1 Tbsp. chopped fresh parsley
1 small onion, sliced	* 1 can (13 ounces) evaporated skim milk
1 quart water	1 Tbsp. flour
1/2 tsp monosodium glutamate (optional)	salt and pepper to taste (salt should be added just before serving to prevent curdling)
1/2 pound fresh mushrooms, finely chopped	
2 tsp. polyunsaturated oil	

Combine the turkey carcass, onion, water, and monosodium glutamate in a large pot. Cover and simmer for 2 hours. Strain the broth and refrigerate several hours so that fat can be removed from top. (You should have about 3 cups; add water if needed.) Pick the meat from the bones; discard bones and skin. Mince and refrigerate the meat, covered.

In a large nonstick skillet, brown the chopped mushrooms in 2 tsp. oil. Add the turkey meat and parsley, then skim the fat from the turkey broth and add broth to the skillet. Heat to boiling.

Combine the evaporated milk and flour and stir into the skillet. Cook and stir over a moderate flame until the soup is hot and bubbling. Season to taste, pour into soup bowls, and serve immediately. Six cups, approximately 125 calories each.

*Use 2/3 cup instant dry milk mixed with 3/4 cup water to substitute for the skim evaporated milk in cream soup recipes, OR 1/2 cup less 1 Tbsp. non-instant dry milk mixed with 3/4 cup water. (This amount makes about 1 cup liquid milk concentrate.) Mix 2 cups, then pour off 3 oz. for this recipe. Use remainder later.

EASY NEW ENGLAND CLAM CHOWDER

(Low Calorie)

2 tsp. margarine	2 tsp. cornstarch
1 cup chopped onion	2 potatoes, peeled and diced
1 can (20 ounces) minced clams	** 1 can (13 ounces) evaporated skim milk
4 cups water	2 tsp. salt - add at end before serving to prevent curdling
Pinch of pepper	

Melt margarine in a nonstick saucepan. Add the onion and saute lightly. Drain the liquid from the canned clams and add to the saucepan; reserve the clam meat. Add the water, pepper, and cornstarch and stir well.