

References

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Got *DRIED* Milk?

Delicious ideas to use
your food storage
and stretch your food dollar!



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Alfredo Sauce

$\frac{1}{3}$ cup BASIC SAUCE MIX
 2 Tbsp- $\frac{1}{4}$ cup grated Parmesan cheese or to taste
 $\frac{1}{2}$ cup sour cream

$\frac{1}{4}$ cup water
 $\frac{1}{4}$ tsp. pepper

Combine all ingredients, except sour cream, in a small saucepan. Mix well and cook until thick. Turn off heat. Add sour cream. Serve sauce over cooked noodles or on a pizza. Yield: $1\frac{1}{2}$ cups sauce.

Orange Float Mix

2 cups non-fat dry milk
 1 cup sugar

2 cups powdered orange drink mix

Combine ingredients in large bowl. Blend well. Put in large airtight container. Label. Store in cool, dry place. Use within 6 months. Makes about 6 cups of ORANGE FLOAT MIX.

Mixing Directions: Add $\frac{1}{2}$ cup of ORANGE FLOAT MIX (see above) to 8 ounces of cold water in blender. Add 2 to 4 ice cubes and blend well. Serve immediately. Makes one serving.

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Reconstituting*

Amount Needed	Use this much dry milk		Water
	Instant	Non-Instant	
1 quart	1 1/3 cups	3/4 cups	3 3/4 cups
1 pint	2/3 cups	3/8 cup (about 1/3)	1 3/4 cups + 2 Tbsp.
1 cup	1/3 cup	3 Tbsp.	Scant cup
1/2 cup	3 Tbsp.	1 1/2 Tbsp.	1/2 cup
1/4 cup	1 1/2 Tbsp.	2 teaspoons	1/4 cup

*follow the guide above or on your box/can, but also use your taste buds!

Substitute Dry Milk in Any Recipe!

- In baked good recipes calling for milk, simply add the dry milk to other dry ingredients and sift to blend. Then, add the necessary water for the milk when you add the liquids.
- Add 1/4 to 1/2 cup dry milk per pound of meat when making meat loaf or hamburgers. Helps to bind and adds nutrients.
- Mashed potatoes: Mash cooked potatoes and add 1/4 cup dry milk for each cup of potatoes. Use either the cooking water or fresh milk to reach the desired consistency.
- Cooked cereals: Add 1/4 cup to 1/2 cup milk to each cup of cereal prior to cooking.

(Brennand, 1991)

Hot Fudge Pudding Cake

- | | |
|-------------------------------|----------------------------|
| 1 1/2 cups Quick Mix (page 6) | 2 Tbsp. cocoa |
| 1/3 cup canola oil | 1/4 cup cocoa |
| 1 tsp. vanilla | 3/4 cup chopped nuts |
| 1/2 cup granulated sugar | 1 1/2 cups boiling water |
| 3/4 cup brown sugar, packed | 1/2 cup reconstituted milk |

Preheat oven to 350° F. In unbuttered, 8-inch square pan, combine QUICK MIX, granulated sugar, 2 tablespoons cocoa, nuts, milk, oil, and vanilla. Blend well. Combine brown sugar and 1/4 cup cocoa in small bowl. Add to water. Bring to boil. Gently pour over top of cake mixture. Do not stir. Bake 35 to 40 minutes, until edges separate from pan. Cool in pan 15 minutes before serving. Makes one 8-inch cake.

Serve with Nonfat Whip Topping (page 8).

(Roberts, Cooking with Food Storage Ingredients)

Chicken Enchiladas

- | | |
|-------------------------------------|---|
| 1 cup SOS MIX | 4 cups water |
| 1 onion, chopped | 1 can green chilies, chopped |
| 1 pkg. flour or corn tortillas (12) | 1 lb. cooked, diced or shredded chicken |
| 1 Tbsp. canola oil | 3/4 cup cheddar cheese, grated |
| 1 pint sour cream (optional) | |

Make sauce by combining dry sauce mix and water. Cook and stir on stovetop or in microwave until thickened. Sauté onion and green chilies in oil; add sauce and simmer for 10 minutes. If desired, let cool and add optional sour cream. Cut tortillas in quarters. Spray a casserole dish with cooking spray. Line bottom of casserole dish with tortillas. Add a layer of chicken and a layer of sauce. Top with cheese. Repeat. Bake at 350° F. for 20 minutes. Additional tortillas may be heated and served with casserole. If crisp tortillas are preferred, allow sauce to chill before using.

(Roberts, Cooking with Food Storage Ingredients)

Easy Evaporated Milk

1 1/3 cups water
1 cup instant dry milk
Mix. Then add 2 tablespoons of vegetable oil to the milk. Stir it up vigorously to emulsify the fat with the mix. This will separate on standing, so mix it very well right before using. Best used in cooking and baking. A spritz of non stick spray will also help the emulsifications process.

Nonfat Whipped Topping

Combine 1/2 cup nonfat dry milk and 1/2 cup ice cold water or fruit juice in chilled mixing bowl; whip with chilled rotary beater or electric beater at high speed until stiff. The colder the liquid, the faster it will whip. For a firm or stable whipped product, add 1 tablespoon of lemon juice. Yield: 1 1/2 cups.

(Adapted from: "Make Your Own Dairy Products." http://fcpasco.ifas.ufl.edu/PDF-Instant_Nonfat_Dry_Milk.pdf)

Soup or Sauce Mix *SOS*

2 cups powdered non-fat dry milk
1/4 cup instant chicken bouillon
2 tsp. Italian Seasoning
3/4 cup cornstarch
2 Tbs. dried onion flakes

Combine all ingredients in a re-closeable plastic bag, mixing well.

Yield: Equal to 9 cans of cream soup.

To substitute for 1 can of cream soup:

Combine 1/3 cup of dry mix with 1 1/4 cups of cold water. Cook and stir on stove top or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup.

Storage Store in closed plastic bag or air-tight container until ready to use. It does not have to be refrigerated.

(Roberts, Cooking with Food Storage Ingredients)



Got Milk?

Storage

The shelf life of milk is based on the quality of the product. Undesirable chemical changes occur in milk the longer it is stored affecting the flavor, odor, and color. The following factors should be considered.

1. **Temperature.** Use the following guide to determine approximate shelf life for milk stored at different temperatures (in unopened packages) with either nitrogen or carbon dioxide used to replace the air in the package. Storage times will be shorter in paper or in cardboard packages.
 - 50° F: 24-48 months
 - 70° F: 12 to 24 months
 - 90° F: 3 months
2. **Moisture.** Package in vapor-proof materials and store in a dry location away from steam or areas where condensation could occur. Moisture causes caking and speeds up undesirable flavor changes.
3. **Oxygen.** Oxygen speeds chemical changes, causing flavor and odor changes. Exclude as much oxygen as possible by packaging in an air-tight environment, vacuum packing, and/or packing with nitrogen or carbon dioxide.
4. **Light.** Exclude as much light as possible. The chemical changes which cause changes in flavor and odor are accelerated by light.

(Brennand, 1992)

Things to Consider

- It is best to buy dry milk fortified with vitamins A and D. Most dried milk is fortified, but check packaging/label.
- The package should be waterproof and impermeable to air. Plastic food-grade buckets work well.
- Your storage container should fit space considerations and family need. Once opened, dried milk will not keep as long, therefore, a large container is not desirable for a household that consumes a small amount of milk per week.
- Do not buy more dried milk than you would normally use in a reasonable time period.
- Date the milk when you buy it.

(Brennand, 1992)



Recipes

Quick Mix

8 1/2 cups flour or 5 cups white flour & 3 1/2 cups whole wheat flour
 1 tsp. baking soda 1 Tbsp. baking powder
 1 Tbsp. salt 2 tsp. cream of tartar
 1 1/2 cups instant nonfat dry milk

In large bowl, sift together all dry ingredients. Blend well. Put in large airtight container. Label. Store in cool, dry place. Use within 10 to 12 weeks. Makes about 10 cups of Quick Mix.

(Roberts, Cooking with Food Storage Ingredients)

Cinnamon Oatmeal Pancake Mix

4 cups quick cooking oats 2 cups flour
 2 cups whole wheat flour 1 cup non-fat dry milk
 1/2 cup sugar 1 Tbsp. cinnamon
 2 tsp. salt 3 Tbsp. baking powder
 1/2 tsp. cream of tartar

Combine ingredients and stir to mix well. Put in large airtight container. Label. Store in a cool dry place. Use within 6 months.

Mixing Directions:

In medium bowl, beat 2 eggs. Beat in 3 Tbsp. oil gradually. Alternately stir in 2 cups pancake mix and 1 cup of water. Drop by spoonfuls onto lightly greased skillet over medium-high heat. When batter shows broken bubbles, turn pancakes over (approx. 2 to 3 minutes).

(Roberts, Cooking with Food Storage Ingredients)

Hot Cocoa Mix

1 cup powdered sugar 1/2 cup non-dairy creamer
 1/2 cup unsweetened cocoa powder 2 3/4 cups instant non-fat milk powder
 1/4 tsp. salt 1 cup miniature marshmallows, (optional)

In sifter, combine powdered sugar, cocoa powder, non-dairy creamer and salt. Sift into large bowl. Sift in milk powder. Add marshmallows, if desired. Pour into a 4-cup container with tight-fitting lid. Seal container. Label with date and contents. Store in cool dry place. Use within 6 months.

(Roberts, Cooking with Food Storage Ingredients)

Makes about 4 cups Hot Cocoa Mix.

Mixing Directions: Stir 3-4 Tbsp. mix into one cup hot water to make one serving.

Frozen Fudge Bars

4 cups hot water 1/4 teaspoon salt
 3/4 cup granulated sugar 3 tablespoons cocoa
 3 tablespoons flour 2 cups instant nonfat dry milk powder
 1 tablespoon cornstarch 1/2 teaspoon vanilla

Put water in medium sauce pan and bring to a boil. While water is heating, measure sugar, flour, cornstarch, salt, cocoa and milk powder in a medium bowl and mix well. When water boils, add the milk/cocoa mixture and beat well. Adjust heat so mixture simmers and cook for 1 minute, stirring constantly. Remove from heat and add vanilla. Pour into molds or small cups and insert a handle or spoon. Freeze. Makes eight 4-ounce bars.

(<http://lancaster.unl.edu>)

Sweetened Condensed Milk

Boil 1/2 cup water, 1 cup sugar, dash salt and 3-4 tablespoons butter. When it comes to a full, rolling boil remove from heat and allow to cool slightly. Add one cup of powdered milk and use a whisk or egg beaters to stir it smooth. Equivalent to one can of condensed milk. Store unused portion in refrigerator.

Yogurt

1 quart of reconstituted milk
 1/3 cup instant non-fat dry milk powder
 1/2 cup plain yogurt (with active yogurt cultures)

Let the plain yogurt stand at room temperature for 3 to 4 hours. Combine and heat the milk and milk powder to just below boiling (about 190°), do not allow to boil. Cool to warm (about 91° to 100°). Add the yogurt and mix thoroughly but do not beat or whip. Pour into containers, bowl, or yogurt maker (follow manufacturer's directions). Place in a container of warm water or slightly warm oven. Cover and keep lukewarm and undisturbed until a curd the consistency of pudding has formed. This may take six to eight hours. After processing, store yogurt in the refrigerator. Save 1/2 cup of the yogurt to use as a starter for another batch. Chill for about 2 hours before eating.