

POWDERED MILK – I HAVE IT, BUT WHAT DO I DO WITH IT?!?



I believe it is time, and perhaps with some urgency, to review the counsel we have received in dealing with our personal and family preparedness. We want to be found with oil in our lamps sufficient to endure to the end.

President Spencer W. Kimball (Miracle of Forgiveness, p. 8) admonished us: “In reviewing the Lord’s counsel to us on the importance of preparedness, I am impressed with the plainness of the message. The Savior made it clear that we cannot place sufficient oil in our preparedness lamps by simply avoiding evil. We must also be anxiously engaged in a positive program of preparation.” ... As long as I can remember, we have been taught to prepare for the future and to obtain a year’s supply of necessities. I would guess that the years of plenty have almost universally caused us to set aside this counsel. I believe the time to disregard this counsel is over. With events in the world today, it must be considered with all seriousness. (L.Tom Perry, If Ye Are Prepared Ye Shall Not Fear, Oct. Gen. Conf. 1995)

Table of Contents

Milk Facts	5
Milk Comparison Chart	5
How Much & What to Store.....	7
POWDERED MILK RECIPES	10
Powdered Milk Reconstitution Chart.....	10
Easy Whipped Milk Topping.....	10
Cultured Buttermilk	10
Sweetened Condensed Milk	10
Sweetened Condensed Milk #2	10
Caramel Sauce.....	11

Homemade Evaporated Milk	11
DRINKS	12
Magic Milk Shakes.....	12
Instant Breakfast	12
Emergency Baby Formula	12
Hot Cocoa Mix.....	12
Hot Cocoa Mix #2	13
Strawberry Shake	13
Molasses Milk.....	13
Orange Julius	13
Orange Julius #2	13
Egg Nog	13
Yogurt-Fruit Smoothie.....	14
Orange Punch.....	14
BREAKFASTS	15
Bacon Brunch Pie	15
Apple Pancakes	15
Cider Syrup.....	15
Buttermilk Pancakes	15
Early Morning Coffee Cake	16
French Toast.....	16
MAIN DISHES.....	17
Chicken a la King	17
Creamy Casseroles	17
Macaroni and Cheese	17
Mediterranean Chicken and Lemon Soup	17
Italian Vegetable Creamy Fettuccine	18
Beef Stroganoff	18
Pasta Primavera	18
SAUCES, MIXES, AND DRESSINGS	19
Super Quick Mix	19
Super Quick White Sauce Mix	19
Cream of Something Soup Mix	19
Ranch Salad Dressing	20

Ranch Dressing #2	20
Cheese Sauce	20
DESSERTS.....	21
Elegant Creamy Cheesecake	21
Pumpkin Roll	21
Ice Cream in a Bag.....	22
Homemade Ice Cream.....	22
Fudgesicles	22
Creamy Chocolate Frosting.....	22
Fast Condensed Milk Icing	23
Condensed Milk Pound Cake	23
Canned Milk Fudge	23
Pound Cake	23
Coconut Macaroons.....	23
Vanilla Pudding Mix.....	24
Chocolate Pudding Mix	24
Praline Banana Cream Pie.....	24
No Cook Fudge	24
Peanut Butter Log	24
Tapioca Pudding.....	25
Breads	26
Biscuits	26
Old-Fashioned Pumpkin Nut Loaf Bread.....	26
Honey-Raisin Bread.....	26
Sweet Nut Bread	27
Cinnamon Bread.....	27
Eat-N-Run Bars	27
Miscellaneous	27
Skin Soothing Milk Bath	27
Powdered Milk Bath in a Jar	28
POWDERED MILK CHEESES & YOGURT	29
Uses for Homemade Cheese and Cottage Cheese.....	29
Helpful Tips	29
Medium Cheddar Cheese.....	30

Quick & Easy Cheese	30
Day Cheese.....	31
Mock Mozzarella.....	31
Parmesan Cheese.....	31
Mozzarella #2.....	32
Soft Cottage Cheese.....	33
Quick Soft Pressed Cheese.....	33
Easy Cheese.....	34
Jack Cheese	34
Homemade Yogurt.....	34
Yogurt.....	35
Yogurt #2.....	35
Sour Cream.....	35
Cream Cheese	35
Yogurt Cheese/Cream Cheese/Sour Cream.....	36
Canning Soft Cheese (Cheese Whiz)	36
Baby Care	36
Baby Formula 1	36
Baby Formula 2	37
Other food storage "meals" babies can tolerate.....	37
Bread Pudding.....	37
Rice Pudding.....	37
Graham Crackers.....	37
Whole Wheat Cereal for Babies.....	38
Special Thanks to Resources	38

Milk Facts

Today, most milk is processed, removing all the fat and then adding it back in to make 1%, 2%, etc.

Each cow used to produce 1,700 quarts of milk per year, now they produce 8,200 quarts.

Pasture feed cows produce cream colored milk, white milk comes from grain feed cow.

Curds and whey is much like cottage cheese.

Remember those days of chalky, lumpy powdered milk? Well those days are over. With new drying processes the milk is exposed to heat for 1/3 the time. This makes milk with much-improved flavor and a much longer storage life than in previous years, and with soaring milk prices, you may want to reconsider its use in your daily lives. Powdered milk can be good!

Powdered milk was developed to make it easier and cheaper to store milk in undeveloped countries. This makes it a great benefit for long-term food storage.

Powdered milk is typically made by spray drying nonfat skim milk. Pasteurized milk is first concentrated in an evaporator to about 50% milk solids. The resulting concentrated milk is sprayed into a heated chamber where the water almost instantly evaporates, leaving behind fine particles of powdered milk solids.

There are many advantages to using Powdered Milk:

- It needs no refrigeration (until reconstituted)
- It is easy to store for long periods of time
- By making just what you need there is less waste
- It is easy to measure and mix
- It is low in fat and contains only ½ the calories of whole milk
- It is much cheaper than fluid milk

Milk Comparison Chart (or, All Milks Are **Not** Created Equal)

	Instant	Regular	Whey based (Morning Moo, Swiss Maid, etc)	Chocolate whey based	2% Milk (liquid from store)	Canned milk (undiluted)
Serving Size	8 oz	8 oz	8 oz	8 oz	8 oz	8 oz
Serv/#10 can	75	80	88	64	N/A	N/A
Calories	80	109	80	110	120	213
Cal from fat	0	0	20	10	45	160
Protein	8 grams	11 grams	3 grams	2 grams	8 grams	16 grams
Total Carbs	12	15	12 grams	21 grams	12 grams	24 grams
Calcium	30%	34%	30%	8%	30%	64%

Cost per serving has not been included in this table due to recent significant price fluctuations.

To find current cost per serving, divide the current price by the number of servings.

Much of the regular powdered milk produced for North America is used by the food manufacturing industry. It's used in commercial baking mixes, pancake and waffle mixes and a myriad of foods found in the supermarkets. Look at the ingredient label. If it includes milk, there's a really good chance the ingredient was actually powdered, regular milk.

Powdered Milk is available in two common forms: Regular (non-instant) and Instant.

Regular powdered milk doesn't mix easily in cold water. With regular powdered milk, mix your milk with warm water the night before you plan on using it. After a quick mix with a wire whip, there will still be lots of lumps. Just put it in the refrigerator and chill. By morning the lumps will have all dissipated into the liquid. Before serving, give it another quick stir and serve. This will give the milk better flavor.

Morning Moo, Swiss Maid, and several others are whey based milk, meaning most of the milk protein has been removed. **If you are counting on powdered milk to meet protein needs of growing children, whey based milks are *not* a wise choice for storage.** They do taste better than most instant and regular milks, so if you're only concerned about satisfying your families craving for milk they can be a good option for storage. One other thing to consider if you are storing whey based powdered milk is that it will not make yogurt or cheese because the milk solids have been removed. Whey is what's left over after making cheese or yogurt.

Instant milk was developed by taking the regular powder and making it a little flakier. Instant milk dissolves very easily in cold water with a spoon or whisk. It can be used immediately after mixing.

Dry whole milk has a very short shelf life because of its high fat content.

Sneaky Helpful Hints:

- Mixing in blender or pouring back/forth between pitchers can enhance fresher flavor
- Re-stirring after refrigeration helps with texture and taste
- Regular milk- Mix dry milk with ½ the water (hot) then whisk in remaining water, chill
- Adding small drop of vanilla can improve taste
- Mix 50/50 with whole milk
- Adding 1 T. dry milk to 1 c. fresh milk increases protein, B vitamins, calcium and minerals
- Add ¼ c. dry milk to 1 c. hot cereal while cooking for added nutrition and creaminess
- Mix 1 T. dry milk w/ ½ c. peanut butter for more nutrition
- Add ¼ c. dry milk to 1 lb. ground meat for add benefits
- Old powdered milk can be used to make cheese or yogurt (recipes follow) or, for fertilizer in your garden

How Much & What to Store

The LDS Church recommended storing 17 lbs of powdered milk per person (6-#10 cans) as recently as 2002. (In 1982 the recommendation was 85 lbs; before that it was 100 lbs.) That 17 lbs per person is enough to make only 1-8oz. glass per day per person. This would give you 1/3 of your daily requirement of calcium. If you have a family of big milk drinkers, you have pregnant or nursing mothers, or small children you will want to store more than this. Now, the Church no longer includes milk in the suggested long term storage. You might find the following information about food storage recommendations helpful.

The First Presidency released a statement in January 2002 stressing the importance of home storage and of securing a financial reserve.

The suggested amounts of basic foods for one person, for one year, were as follows:

- 400 pounds of grain: rice, wheat, corn, oatmeal etc.
- 17 pounds of powdered milk
- 60 pounds of legumes: beans, split peas or lentils, etc.
- 10 quarts of cooking oil
- 8 pounds of salt
- 60 pounds of sugar or honey
- 14 gallons of water (a two week supply)

As of now (2/2009) the minimum the Church is asking us to have has been reduced to a mere 300 lbs of grains and 60 lbs of dry beans per person. This amounts to roughly 1550 calories per day, barely enough to ward off starvation for most.

At the end of one year, eating just this food, you will likely be alive, but you will look like you just came out of a concentration camp.

As you look at the following table, consider this:

Notice the minimum amount of food suggested in 2000 by the 1st Presidency was similar in amount to the handcart company's provisions; enough for the average woman, or child under 11, but way short for the average male. Also, the averages don't account for having to burn lots of extra calories for hard physical labor or keeping warm in adverse weather conditions. Additional fat in the diet is critical for warmth in cold weather.

The following amounts are figured **per meal**, with daily total calories, protein grams, and fat grams at the bottom.

1st Pres. Y2K recommended	Handcart companies**	2008 minimums****
Grain 5.8 oz equals $\frac{3}{4}$ of a cup of ground wheat	Wheat flour 5.3 oz	4.63 oz of wheat
Sugar 0.87 oz equals 2 tablespoons	Sugar 0.67 oz	not included
Beans 0.87 oz equals 2 tablespoons	Salted pork 0.83 oz	Beans 0.87 oz
Salt 0.12 oz equals 1/2 teaspoon	not included	not included
Cooking oil 0.29 oz equals 1 tablespoon	not included	not included
Milk dried 0.25 oz equals 1 tablespoon dried or 1/3 cup of liquid milk	not included	not included
not included	Dried apples 0.67 oz	not included
Total calories/day 2445	Total calories/day 2355	Total calories/day 1542
Total protein/day 85.35 grams	Total protein/day 60.84 grams	Total protein/day 65.4 grams
Total fat/day 33.3 grams	Total fat/day 63.93 grams	Total fat/day 6.96 grams

**Source: Willy / Martin Handcart Dairies

****Source: www.providentliving.org

Remember, the Willy & Martin Handcart companies were the only ones of all the handcart companies that got into trouble with food (and everything else). They left later in the season than they were supposed to and thus were not able to be re-supplied the way the Brethren had planned. The lack of re-supply due to failure to follow the guidance of the Prophet coupled with early winter storms crossing the high plans combined to create the extreme hardship and starvation they experienced. Thus, they serve as yet one more example, for those with eyes to see, of the importance of following the guidance and counsel of the Prophet even when we can't see the need. The Prophet did not command them to not come later, he offered counsel/guidance.

Will we be like Willy & Martin and not follow counsel because the sun is shining, or, will we be like the other Handcart companies that prospered because of following counsel?

Questions you should ask your family, or consider yourself:

Can you live comfortably on these small amounts? Test it for a week and see!

Try eating NOTHING but 8 oz of crackers and a bottle of water per meal. That's roughly what you'll get with the current recommended storage amounts.

Would you like to store a little more?

Can you afford to be wrong? Is it better to have what you don't need, or to need what you don't have?

Is it better to have a little too much than to have a little too little?

Is it better to be prepared before you need it (or even be prepared and never need it) or one too day late?

Okay, back to milk now...

Storage: Milk is a big expense. However, it will store 10+ years if stored in dark, moisture and oxygen-free containers (#10 cans /mylar bags/buckets) at 68° or less. Date all of your milk containers and store in the coolest part of your house or basement.

Rotating: You will want/need to rotate your milk. The easiest way is to use it in cooking. You can easily substitute any fresh milk with mixed-up powdered or canned milk. Another way to rotate it is to mix it 50/50 with your fresh milk and drink it. A third way to rotate it is to make yogurt or cheese from it. This isn't as difficult as you might think! Some recipes follow. ☺

You too can make many things using your powdered milk, for example: Magic Mix, White Sauce Mix, hot cocoa mix, baby formula, yogurt, sour cream, cream cheese, evaporated and condensed milk, caramel sauce, drinks, shakes, whipped topping, breakfast pie, pudding, desserts, protein bars, soups, sauces, cottage cheese, casseroles, macaroni and cheese, bread, chicken a la king, cakes, ice cream, or even milk baths! The possibilities are endless!

Anything you can make with fresh milk you can make with powdered. Take one of your family's favorite recipes that utilizes fresh milk and convert it into one that uses powdered (use the conversion chart at the beginning of the recipe section) or try some new ones from the recipe collection I've attached. It is that easy! If you have/find a great recipe, please send it my way at whitewaterlady@ldsavow.com so I can add it to our growing list and share it with others.

"The degree of our preparation will be equal to the extent of our obedience, which will determine the measure of our peace of mind. " (Prophetic Statements on Food Storage or the LDS)

The time is now to be prepared.

POWDERED MILK RECIPES

Powdered Milk Reconstitution Chart

<u>Finished Milk</u>	<u>Water</u>	<u>Instant</u>	<u>Regular</u>	<u>Morn. Moo</u>	<u>MM Choc</u>
½ C.	½ C.	2 T.	4 t.	1T.	2T.
1 C.	1 C.	¼ C.	3 T.	2T.	¼ C.
1 quart	3 ¾ C.	¾ C.	¾ C.	½ C.	¾ C.
½ gallon	½ gallon	1 ½ C.	1 ½ C.	1 C.	1 ½ C.

- For whole milk_ = double the dry milk
- ½ and ½_ = triple the dry milk or use evaporated

Easy Whipped Milk Topping

Place 1 cup of water into large bowl to chill in the freezer. When it has ice crystals around the edges, it is ready. Add 1 cup powdered milk to the bowl of ice water. Use electric beaters to whip the milk until stiff peaks form. It will take about 5 full minutes. Gradually add about 6 T. sugar, and 1/2-teaspoon vanilla. It is now done. Serve right away for best results.

Cultured Buttermilk

1 3/4 cups dry instant milk 3 -cup warm water 1/2 cup of fresh buttermilk.

Mix milk powder and water, add in buttermilk. Cover, allow it to sit on the counter overnight. In the morning it will be buttermilk. Really, it's that easy. Store in frig.

Sweetened Condensed Milk

1 c. hot tap water 2 c. sugar 4 c. dry milk powder
1/4 c. melted margarine

Put hot water into the blender. Add the sugar, dry milk powder and melted margarine. Put the lid on the blender and whirl it around for a full minute. The mixture will be kind of thin, but will thicken up after standing for about an hour. Store in frig or freeze. Makes about 4 cups = 3 cans condensed milk.

Sweetened Condensed Milk #2

½ c. hot water ¾ c. sugar ¾ c. powdered milk

Blend until smooth. Makes the equivalent of 1 can.

Caramel Sauce

1 can sweetened condensed milk (not evaporated)

Remove label from can. Place **unopened** can in the bottom of a **very deep** pot, such as a deep dutch oven. Cover with water so that the water is 3 to 4-inches above the can. Bring the water to a boil and boil steadily for four (4) hours.

Note: You must make sure that the can is always totally covered with water. Never let the water level get down to the top of the can, because this could cause the can to explode. After the four (4) hours is up, remove the can with tongs and place on a wire rack to cool. Be assured, the can will not explode. Refrigerate. When can is cold, open and you will have soft caramel; even the color is caramel.

Homemade Evaporated Milk

1 1/2 c warm water

1 c powdered milk

2 T. margarine

Mix dry milk and warm water together. Add margarine. In a small pan, heat mixture together. Beat well, cool and store in the refrigerator.

DRINKS

Magic Milk Shakes

1-1/2 to 2 cups ice water	1-1/2 cups nonfat dry milk powder	2/3 cup sugar/splenda
1/4 cup unsweetened cocoa	1 teaspoon vanilla	1 to 1 1/2 trays of ice cubes
2 tablespoons corn oil	5-second squirt of non-stick spray	

Place all of the ingredients into the blender, including the oil and the non-stick spray. Use less water for thicker milk shakes and more water for shakes that are easy on your blender motor. The blender should be about 3/4's full. Place the lid on. Process for a full 2 minutes. Pour into cups and serve. Makes 4 - 12oz servings

Variations: 1 very ripe banana for a chocolate banana shake, a big spoonful of peanut butter for a decadent Chocolate Peanut Butter Shake, a few broken red and white candy mints for a refreshing Chocolate Mint shake. Vanilla Milk Shakes: omit the cocoa powder, reduce the sugar to 1/2-cup and add 1 tablespoon (yes a full tablespoon) of vanilla flavoring.

Instant Breakfast

1 c. ice cold water	¼ c. non-instant milk or ½ c. instant milk powder	
1 T. egg powder	½ c. fresh or canned fruit	1 T. sugar or honey

Blend all ingredients until smooth. Serves 1-2.

Emergency Baby Formula

½ c. + 2t. instant milk pdr.	1 ½ c. boiled water
------------------------------	---------------------

Mix together completely. Add:	1 T. oil	2 t. sugar
-------------------------------	----------	------------

Hot Cocoa Mix

1 ½ c. white sugar	1 c. powdered non-dairy creamer	1 c. nonfat dry milk
¾ c. unsweetened cocoa powder		

Combine sugar, creamer, milk, and cocoa powder in a large bowl. Mix well and store in an airtight container until ready to use. To serve, put 3 T. of powder in a mug, fill with hot water, and serve.

The flavor of the cocoa can be varied by using flavored non-dairy creamers.

Peppermint Cocoa can be made by crushing ½ - ¾ c. of candy cane or other peppermint candy & mixing it into the above cocoa mix.

Hot Cocoa Mix #2

6 c. instant nonfat dry milk 1 ½ c. sugar 1 c. + 2 T. cocoa powder
(opt) 1 ½ c. miniature marshmallows

Combine dry milk, sugar, cocoa, and marshmallows (if using) in a large bowl. Mix well. Pour into a 2 quart jar or tall container with tight fitting lid. To serve, put ½ c. cocoa mix into a mug, stir in 1 c. hot water, enjoy.

Strawberry Shake

½ c. sliced strawberries ¾ c. orange juice ¼ c. nonfat dry milk 4 ice cubes

Put ingredients in blender and blend until mixture is smooth. Serves 2.

Molasses Milk

This hot beverage is high in iron, and tastes like a caramel-taffy milk. Heat ¾ cup of reconstituted milk. Stir in a spoonful of molasses. Serve. Kids love this stuff.

Orange Julius

½ c. frozen orange juice concentrate ½ c. instant dry milk 1 c. water
4-6 ice cubes, partially crushed 1-2 teaspoons sugar (optional) 1 banana (optional)

Whirl all ingredients in blender. Serves 2.

For Strawberry Julius substitute ¾ c. frozen strawberries in syrup for the orange juice concentrate.

Grape Julius can be made with ½ c. frozen grape juice concentrate in place of the orange juice.

Reecie Julius can be made by using ¼ c. peanut butter & ¼ c. cocoa powder in place of the orange juice (use the sugar or it will be bitter).

Orange Julius #2

2 cups orange juice 2 tbsp. sugar ½ cup powdered milk
½ tsp vanilla ½ cup crushed ice

Put all ingredients in blender and blend until ice is totally crushed. Serves 2.

Egg Nog

¾ c. powdered milk 2 c. water 2 T. honey or sugar

2 T egg powder/eggs

½ t. vanilla

nutmeg

Blend together. Top with nutmeg and serve.

Yogurt-Fruit Smoothie

¼ c. yogurt (vanilla, plain or fruit flavored)

⅓ c. dry milk

½ banana

½ cup frozen orange juice

½ cup water

4 ice cubes

Mix all in blender until smooth.

Orange Punch

5 c. cold water

1 c. nonfat dry milk

12-ounce frozen orange juice

Mix water with milk powder and add frozen juice. Stir well or blend. Chill and serve. Makes 4 servings.

BREAKFASTS

Bacon Brunch Pie

⅔ c. nonfat milk powder	1 c. water	½ c. + 1 T Super Quick Mix
2 T. dehydrated peppers, rehydrated	2 eggs (2T dry+4T water)	½ c. Bacon Bits
¼ c. shredded cheese (3 T. cheese spread)	½ c. finely chopped onion	⅛ t. black pepper

Preheat oven to 375 degrees. Spray a 9-inch pie plate with cooking spray. In a large bowl, sift together: baking mix, dry milk powder, and (dry eggs). Add peppers and water (fresh eggs). Mix well to combine. Stir in bacon bits, cheese, onion and black pepper. Spread batter into prepared pie plate. Bake for 30 to 40 minutes or until a knife inserted near the center comes out clean. Place pie plate on a wire rack and let set for 5 minutes. Cut into 6 servings.

Apple Pancakes

1 c. rehydrated dried apple slices	2 c. Super Quick Mix	1 T. egg powder, sifted
½ t. cinnamon	1 ½ c. water	

Whisk together dry ingredients. Drain apples, reserving juice; chop finely. Add apples and water to dry ingredients; whisk just until combined. Let stand 5 minutes. Cook in hot oiled griddle. Makes 10, 4-inch pancakes.

Cider Syrup

½ c. sugar	⅛ t. nutmeg	1 T. cornstarch
⅛ t. cinnamon	1 c. apple juice	1 T. bottled lemon juice

In small saucepan, whisk together dry ingredients. Add juice and bring to boil, stirring. Remove from heat; stir in lemon juice. Serve over pancakes.

Buttermilk Pancakes

1 c. flour	2 T. sugar	1 t. baking soda	½ t. salt
1 beaten egg	1 c. buttermilk	2 T. oil	

Blend dry ingredients together. Combine egg, buttermilk, and oil. Add liquids to the dry ingredients. Beat only till well combined. Cook in a hot pan.

Early Morning Coffee Cake

1 c butter	$\frac{3}{4}$ c. brown sugar	$\frac{1}{2}$ c. sugar	2 eggs
$\frac{1}{4}$ t. salt	$\frac{1}{3}$ c. evaporated milk	2 t. vanilla	2 c. flour

Topping:

1 c. flour	$\frac{1}{2}$ c. melted butter	1 c. brown sugar
1 t. cinnamon	$\frac{1}{2}$ c. chopped nuts	

Mix topping, set aside. Cream together butter and sugars. Add eggs, one at a time, and beat. Combine flour, baking soda and salt. Add alternately with milk and vanilla. Pour batter in 9x13 inch buttered cake pan or angel food pan. Sprinkle with topping and bake 1 hour at 350°F.

French Toast

$\frac{1}{4}$ c. milk powder	1 c. water	6 T. dry egg, sifted	$\frac{1}{4}$ t. sugar
$\frac{1}{4}$ t. salt	$\frac{1}{2}$ t. vanilla	$\frac{3}{4}$ t. cinnamon	$\frac{1}{4}$ t. nutmeg
6-8 slices bread			

Beat all ingredients together except bread. Pour into a pie pan. Dip each slice of bread in egg mixture and fry in oiled pan. Sprinkle with powdered sugar or syrup.

MAIN DISHES

Chicken a la King

2 T. dried green pepper	3 c. water (incl. mushroom & chicken juice)	½ c. Super Quick white sauce mix
3 T. flour	1 ½ t. chicken bouillon	½ t. onion powder
1 (10-12 oz) can chicken chunks	1 (4oz) can mushrooms	

Soak green pepper in water 10 minutes. Whisk in white sauce mix; then flour, bouillon and onion powder. Bring to boil; simmer 1 minute. Add rest of ingredients and bring to boil; serve over biscuits, toast, rice or noodles. Serves 4.

Creamy Casseroles

1 c. dried vegetables (soak in 4 c. water for 20 minutes), drain water until 3 c. veggie/water remains

Mix with 1 ½ c. white sauce mix, add 2 c. cooked meat. Heat thoroughly. Serve over rice or noodles.

Macaroni and Cheese

1 c. white sauce	1 c. uncooked macaroni	1 c. grated cheese
------------------	------------------------	--------------------

Cook macaroni in boiling water until done. Drain. Combine macaroni, white sauce and cheese. Heat. Serves 4.

Mediterranean Chicken and Lemon Soup

2 cans chicken broth	½ c. long-grain white rice	4 T. dried carrot
1 can chicken chunks, drained	4 T. dried peppers	¼ c. lemon juice
¼ t. garlic powder	1 can evaporated milk, <i>divided</i>	1 T. cornstarch
1 t. basil		

Boil broth in medium saucepan. Add rice, carrots and peppers; cook until rice is tender, about 20 minutes. Stir in chicken, lemon juice and garlic. Combine 1 tablespoon evaporated milk and cornstarch in small bowl; stir into soup. Gradually stir in remaining evaporated milk. Bring to just a boil, stirring occasionally. Remove from heat. Stir in basil before serving.

Italian Vegetable Creamy Fettuccine

8 oz. fettuccini, cooked, drained	1 T. olive oil	2 c. broccoli florets
1 c. sliced celery	1 lg. onion, sliced	2 cloves garlic, minced
¾ t. dried basil	1 can evaporated milk	3 T. grated Parmesan
½ t. white pepper	2 T. cornstarch	¾ c. chicken broth
1 c. thin red bell pepper strips	½ c. frozen peas	Grated Parmesan cheese

Heat olive oil in large skillet over medium-high heat. Add broccoli, celery, onion, garlic and basil; cook, stirring occasionally, for 5 minutes or until vegetables are tender. Stir in evaporated milk, cheese and pepper; bring just to a boil. Reduce heat to low; cook, covered, for 5 minutes.

Combine cornstarch and small amount of broth in small bowl; add to skillet. Gradually stir in remaining broth, bell pepper and peas. Cook over medium heat, stirring constantly until sauce is thickened and vegetables are tender (do not boil). Serve over pasta. Sprinkle with cheese.

Beef Stroganoff

1 c. dry onion	1 c. water	¼ c. olive oil	¾ c. flour	1 t. salt
1 t. pepper	4-6 c. water	1 T. dried garlic	8-10 t. beef bouillon	
3 - 4oz cans sliced mushrooms	1 T. Worcestershire sauce	3 T. ketchup	2 - 15 oz cans beef chunks	
1 c. sour cream	6 c. uncooked wide noodles, cooked, drained			

Rehydrate onions in 1 c. water, 15 min. Drain. Pour olive oil into large pot on high heat. Add onions and cook 2 minutes. Add flour, salt and pepper and mix well with oil and onions, then add 4-6 c. water and continue to mix. Add garlic, bouillon, mushrooms, Worcestershire sauce, ketchup and liquid from beef chunks. Turn heat down to medium and continue to stir and thicken for 30 minutes. Add beef, being careful not to break apart the chunks. Stir in sour cream. Serve over cooked noodles.

Pasta Primavera

½ c. dried onion	1 c. water	½ c. dried broccoli
¼ c. dried carrots	1 c. dried sweet peppers	3 c. water
1 T. dried garlic	2 T. oil	1 (4 oz) can mushrooms
2 t. dried basil	1 t. red pepper flakes	¼ c. flour
Salt and Pepper	¼ c. dry milk	½ c. dry sour cream
1 c. warm water	2 t. dried parsley	8 oz. linguine
1 c. parmesan cheese		

Rehydrate onions in 1 c. water for 15 minutes and then drain. Re-hydrate broccoli, carrots and peppers in another bowl with 3 c. water for 15 minutes, drain and set aside. In large pot over high heat, sauté onions and garlic in oil for 1 minute. Add broccoli, carrots, peppers, mushrooms, basil and red pepper flakes. Turn heat down to medium. Add flour, and salt and pepper to taste. In bowl, mix milk and sour cream and ½ c. warm water with a whisk until smooth. Add to

the pot to thicken. Add water if needed to get creamy sauce. In another large pot, cook linguine until almost tender, drain. Pour vegetable mixture over linguine and sprinkle the cheese and parsley on top. Serves 4-6.

SAUCES, MIXES, AND DRESSINGS

Super Quick Mix

9 c. whole wheat flour	9 c. white flour	3 c. instant dry milk
2 ½ c. powdered shortening	9 T. baking powder	2 ½ T. salt
1 ½ T. sugar	4 t. cream of tartar	2 t. baking soda

Sift shortening, leavening and cream of tartar into rest of ingredients. Combine well. Store in covered container. Label and date; use within 10-12 weeks. Makes 24 cups.

Variations: To substitute regular dry milk add 6T. more dry milk to mix.

When using all whole wheat flour, use 10 T. baking powder.

Other Uses: pancakes, apple pancakes, turkey-cranberry pancakes, biscuits, choc. pudding cake, cornmeal, fruit or magnificent muffins, scones, cornbread, pumpkin pie, nutty caramel pudding cake.

Super Quick White Sauce Mix

2 c. instant dry milk	2 c. powdered butter, sifted	2 c. flour
4 t. chicken bouillon	1 t. salt	

Mix all ingredients together, store in covered container, label and date. Use within 6 months.

Hint: unbleached white flour makes a slightly thinner sauce, increase sauce mix in recipes.

Other Uses: crepes, broccoli soup, creamed meat on rice, creamy broccoli and tuna, corn chowder, croquettes, fettuccine carbonara, Hawaiian haystacks, lasagna, clam chowder, potato soup, scalloped potatoes, etc.

Cream of Something Soup Mix

2 c. dry powdered milk	¾ c. cornstarch	¼ c. chicken bouillon granules
2 T. onion flakes	1 ½ t. garlic powder	1 t. basil
½ t. pepper (opt)	2 t. dry celery or other vegetable flakes (optional)	

Combine all of the ingredients in a bowl. Mix well. Store the mixture in a quart size container, well sealed. It will keep for several months.

To use: combine $\frac{1}{3}$ c. mix and $1\frac{1}{4}$ c. cool tap water in a small saucepan over medium heat. Stir well while bringing to a boil. Boil and stir for a full minute. Remove from heat. It is now ready to use in any recipe calling for a can of Cream of Mushroom or Celery or Chicken Soup.

If desired, you can add a T. of butter or bacon grease for more flavor, but it really doesn't need it.

Ranch Salad Dressing

$\frac{1}{2}$ c. buttermilk powder	1 T. dried parsley, crushed	1 t. dried dill weed
1 t. onion powder	1 t. dried onion flakes	1 t. salt
$\frac{1}{2}$ t. garlic powder	$\frac{1}{4}$ t. ground pepper	

Combine all ingredients in a blender. Blend at high speed until smooth. Use 1 tablespoon in any recipe calling for an envelope of ranch dressing mix.

Dip: 1 c. mayonnaise, 1 T. ranch mix, $\frac{1}{2}$ c. yogurt.

Dressing: 1 c. Mayo, 1 T. ranch mix, 1 c. yogurt. Mix. Thin with milk to desired consistency.

Ranch Dressing #2

2 c. mayonnaise	2 c. plain yogurt	$\frac{1}{2}$ t. garlic powder	$\frac{1}{2}$ t. pepper
$1\frac{1}{2}$ t. onion powder	$1\frac{1}{2}$ t. salt	$1\frac{1}{2}$ t. parsley (dried)	

Blend well.

Cheese Sauce

To 2 cups medium cream sauce, add 1 to $1\frac{1}{2}$ cups grated cheese. Stir until cheese is melted. Serve on hot toast or use as a sauce for vegetables, hard-cooked eggs or macaroni.

DESSERTS

Elegant Creamy Cheesecake

9-inch graham cracker crust	16 ounces (2 cups) cream cheese	½ cup sugar
2 eggs	2 tsp. vanilla	1 ½ cups sour cream
¼ c. sugar	¼ c. instant nonfat milk	1 T. water

With a blender or mixer beat together the cream cheese, ½ cup sugar, eggs, and 1 teaspoon vanilla until well blended and creamy. Pour into graham cracker crust and bake at 350 degrees F. for 30 minutes. While this bakes, stir the sour cream, ¼ cup sugar, 1 teaspoon vanilla, milk, and water together. Spread over the hot cheesecake and return to oven for 5 minutes more. Serve plain or with favorite fruit topping.

Serves 8 to 10.

Pumpkin Roll

Cake

1/4 c. powdered sugar (to sprinkle on towel)		¾ c. all-purpose flour
½ t. baking powder	½ t. baking soda	½ t. ground cinnamon
½ t. ground cloves	¼ t. salt	3 large eggs
1 c. sugar	⅓ cup pumpkin	1 cup walnuts, chopped (optional)

Filling

1 pkg. (8 oz.) cream cheese – room temperature	1 c. powdered sugar, sifted
8 tablespoons butter or margarine, softened	1 t. vanilla extract
¼ c. instant nonfat dry milk	powdered sugar (optional for decoration)

Preheat oven to 375° F. Grease 15 x 10-inch jelly-roll pan; line with wax paper. Grease and flour paper. Sprinkle a thin, cotton kitchen towel with powdered sugar.

Combine flour, baking powder, baking soda, cinnamon, cloves and salt in small bowl. Beat eggs and granulated sugar in large mixer bowl until thick. Beat in pumpkin. Stir in flour mixture. Spread evenly into prepared pan. Sprinkle with nuts. Bake for 13 to 15 minutes or until top of cake springs back when touched. (If using a dark-colored pan, begin checking for doneness at 11 minutes.) Immediately loosen and turn cake onto prepared towel. Carefully peel off paper. Roll up cake and towel together, starting with narrow end. Cool on wire rack.

To Make Filling: Beat cream cheese, 1 cup powdered sugar, butter and vanilla extract in small mixer bowl until smooth. Carefully unroll cake. Spread cream cheese mixture over cake. Reroll cake. Wrap in plastic wrap and refrigerate at least one hour. Sprinkle with powdered sugar before serving, if desired.

Tip:

Be sure to put enough powdered sugar on the towel when rolling up the cake so it will not stick.

Ice Cream in a Bag

½ c. milk
pinch salt

1 T. sugar
3 c. crushed ice

½ t. vanilla
6 T. rock salt

Put ice and rock salt in gallon size freezer bag. Combine remaining ingredients in quart size bag. Put quart bag inside gallon bag and squish 5 min.

Homemade Ice Cream

4 eggs
4 c. Evaporated Milk

2 ½ c. sugar
2 T. vanilla

6 c. milk
½ t. salt

Beat eggs and sugar until creamy. Slowly beat in milks, salt, vanilla. Pour into canister and freeze as usual.

Fudgesicles

¾ c. sugar
1 ¼ c. regular milk powder (non-instant)

3 T. cocoa

3 T. flour
4 c. boiling water

1 T. cornstarch
½ t. vanilla extract

¼ t. salt

Wisk everything except vanilla into the boiling water and cook for 1 minute. Add vanilla. Pour into molds & freeze.

Creamy Chocolate Frosting

4 oz. cream cheese, softened

¼ c. evaporated milk

¼ c. unsweetened cocoa powder

½ c. honey

1 t. vanilla extract

1 ½ c. instant nonfat dry milk powder

Place the cream cheese in a bowl and let it come to room temperature. Pour the evaporated milk, cocoa, honey and vanilla. Use electric beaters to beat until smooth. Add the dry milk powder and a dash of salt. Beat for a full minute, or until rich and creamy. Some of the dry milk powder will dissolve completely, but some of it will remain in small white bits. That is just the nature of this frosting. The frosting may seem a little bit thin. Don't worry, it will thicken on standing. Spread the frosting onto a large rectangular cake or on the sides and top of a layer cake.

You can sprinkle the top with coconut or ground almonds or any chopped nuts or dried fruits if you want to make it extra pretty. Allow to set for about 20 minutes before cutting.

Fast Condensed Milk Icing

1 can condensed milk 2 c sugar 1 stick margarine 2 tsp cornstarch

Dissolve cornstarch in 2 t. water. Mix all ingredients cook over med. Heat until soft ball stage. Let cool and put on cooled cake. Makes enough icing to cover 1 round cake. If making an oblong cake, double recipe.

Condensed Milk Pound Cake

3 c cake flour, sifted 2 c sugar 3 sticks margarine
6 eggs 1 can condensed milk 3 tsp vanilla

Cream margarine and sugar; add eggs, one at a time, beating well after each. Add flour and milk alternately, ending with flour. Add vanilla. Bake at 325 degrees for 1 1/2 hours.

Canned Milk Fudge

2 c sugar 1/2 c cocoa 1 c canned milk ¼ tsp salt
¼ c. margarine 1 t. vanilla 1 c. nuts, chopped

Mix together sugar, cocoa, milk and salt. Boil until firm ball forms in cold water. Remove from heat. Add margarine, beat a little. Add vanilla and nuts.. Stir well then spread on buttered pan to cool. Cut in squares when cool.

Pound Cake

2 sticks butter(no marg) 1/2 c. shortening 3 c sugar
6 eggs 3 c. sifted flour ½ tsp baking powder
¼ tsp salt 1 c. evaporated milk 2 tsp vanilla

Cream together butter and shortening; gradually add sugar and continue to cream until light and fluffy. Add eggs, one at a time, and continue to beat well after each. Sift together flour, baking powder, and salt; add to creamed mixture alternately with milk, ending with flour. Add vanilla and lemon flavoring, if used, and beat just to blend. Pour into large greased and floured tube pan. Bake in 350°F oven for 1 hour and 15 minutes or until cake tests done. Let stand in pan 5-10 minutes. Turn out on rack to cool.

Coconut Macaroons

1 ½ c. sweetened condensed milk (½ c. hot tap water, ¾ c. sugar, 1 ½ c. dry milk powder, 1 tsp margarine)
3 c. shredded coconut ½ c. flour ½ tsp vanilla 1/8 tsp salt

Combine ingredients. Drop by teaspoonful on greased cookie sheet. Bake at 375 degrees for 15 minutes.

Vanilla Pudding Mix

1 c. dry powdered milk
dash of salt
1 t. vanilla

$\frac{1}{2}$ cup cornstarch
1 egg (opt)

$\frac{1}{2}$ cup sugar
3 T. butter

Chocolate Pudding Mix

1 cup dry powdered milk
 $\frac{1}{2}$ cup unsweetened cocoa
1 t. vanilla

$\frac{1}{2}$ cup cornstarch
dash of salt

$\frac{2}{3}$ cup sugar
3 T. butter

To Make Pudding from Above Mixes:

Choose either the vanilla recipe or the chocolate recipe. Combine all of the dry ingredients in a small container. In a sauce pan, slowly whisk together 3 cups of tap water and the contents of one bag of Pudding Mix. Stir and stir until the mixture is smooth. Cook and stir the pudding over medium (**not high**) heat until it begins to boil. This will take a few minutes. After the pudding boils, count to 60. Remove the pudding from the heat. It will thicken as it cools. For vanilla, quickly whisk in an egg now. Next, mix in butter and vanilla. Allow the mixture to cool a little before serving.

Praline Banana Cream Pie

2 med. Bananas, diced
1 (4-serving) instant vanilla pudding mix
1 t. vanilla

Graham cracker pie crust
2 T. Brown Sugar
2 T. chopped pecans

$\frac{2}{3}$ c. nonfat dry milk powder
1 $\frac{1}{4}$ c. water
 $\frac{3}{4}$ cup Cool Whip

Place bananas in pie crust. In a medium bowl, combine pudding mix, milk and sugar. Add water. Mix well using a wire whisk. Fold in vanilla, pecans and $\frac{1}{4}$ cup Cool Whip. Spread mixture evenly over bananas. Refrigerate at least 2 hours. Cut into 8 pieces. When serving, top each piece with 1 tablespoon Cool Whip.

No Cook Fudge

$\frac{1}{2}$ c. butter
 $\frac{1}{2}$ c. cocoa

$\frac{1}{2}$ c. boiling water
Dash of salt

4 $\frac{1}{2}$ c. powdered sugar
 $\frac{1}{2}$ c. nuts

$\frac{1}{2}$ c. dry milk

Bring water and butter to a boil. Take off heat. Add powdered sugar, dry milk, cocoa and salt. Press into a buttered pan, place nuts on top.

Peanut Butter Log

1 c. Peanut Butter
Coconut

$\frac{1}{2}$ c. Honey

1 $\frac{1}{2}$ c. Non instant dry milk

Mix peanut butter, honey, and milk powder in a bowl. Shape into log then roll in coconut. Chill for 30 minutes or until firm.

Tapioca Pudding

1 egg, slightly beaten
3 T. Minute tapioca
¾ t. vanilla

¼ c. sugar
⅓ c, plus 2 T. dry milk

⅛ t. salt
2 ¾ cups hot water

Mix all ingredients except water in a saucepan. It will be very stiff. Gradually add hot water and stir well. Let mixture sit for 5-10 minutes. Cook over medium heat, stirring constantly until mixture comes to a full boil. Remove from heat. Add vanilla. Pudding thickens as it cools. To prevent skin forming, cover with plastic wrap or damp towel. Serve warm or cold.

Breads

Biscuits

2 c. flour	1 T. baking powder	1 t. salt
½ c. dry milk	½ c. shortening	¾ c. water

Mix flour, baking powder, salt and milk thoroughly. Cut in the shortening with a fork until mixture is crumbly. Stir water in gradually to make a dough that is soft but not sticky. Knead gently on a lightly floured board. Roll or pat dough to 1/2- or 3/4-inch thickness. Cut with a small floured glass or into squares. Place on an ungreased baking sheet, 1 inch apart for crusty biscuits or close together for softer ones. Bake at 450 °F (very hot oven) for 12 to 15 minutes or until golden brown. Makes 8 to 12 biscuits.

Old-Fashioned Pumpkin Nut Loaf Bread

2 c. flour	2 t. pumpkin pie spice	2 t. baking powder
1 t. salt	½ t. baking soda	1 can(15 oz) Pumpkin
½ c. sugar	½ c. brown sugar	½ c. evaporated milk
2 large egg (2 T egg pdr + 4 T Water)	1 T. vegetable oil	¼ c. chopped nuts

Grease 9 x 5 inch loaf pan. COMBINE flour, pumpkin pie spice, (egg pdr. if using) baking powder, salt and baking soda in medium bowl. Blend pumpkin, granulated sugar, brown sugar, evaporated milk, egg, (water if using egg pdr), and oil in large mixer bowl. Add flour mixture; mix just until moistened. Pour into prepared 9 x 5 loaf pan; sprinkle with nuts. BAKE at 350 for 60 to 65 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack for 10 minutes; remove to wire rack to cool completely.

Honey-Raisin Bread

3 c. whole wheat flour	3 t. baking soda	1 t. salt
1/2 t. nutmeg	1 c. raisins	1/2 c. chopped walnuts
2 c. buttermilk	1/2 c. liquid honey	whole walnuts
1 T. liquid honey	1 T. melted butter	

Heat oven to 350 degrees. Grease a 9 by 5 by 3-inch loaf pan. Mix flour, soda, salt and nutmeg thoroughly in mixing bowl. Blend in raisins and nuts. Combine buttermilk and 1/2 cup honey. Add to dry ingredients, stirring just enough to blend. Pour into prepared pan. Top with whole walnuts. Bake 45 to 50 minutes or until toothpick inserted into center comes out clean. Blend 1 tablespoon honey and melted butter. Spread over hot bread. Return to oven for 5 minutes to glaze top of loaf.

Sweet Nut Bread

3 t. baking soda

1 ½ c. shortening

3 c. walnuts, chopped

3 c. buttermilk

6 eggs

3 t. vanilla

4 ½ c. sugar

7 ½ cups flour

Dissolve baking soda in buttermilk. Cream sugar and shortening. Beat in eggs singly. Add flour to creamed mixture alternately with buttermilk beating well after each addition. Add walnuts and vanilla. Pour into 3 to 5 well-greased loaf pans. Bake at 350 degrees for 50 to 60 minutes.

Cinnamon Bread

¼ c. shortening

2 c. flour

½ t. salt

1 T. cinnamon

1 c. sugar

1 t. baking powder

1 c. buttermilk

2 eggs

½ t. baking soda

3 T. brown sugar

Cream shortening and sugar. Beat eggs in well. Sift flour, baking powder, soda and salt together. Add to creamed mixture alternately with buttermilk, blending well after each addition. Pour into a well-greased loaf pan. Combine remaining ingredients. Sprinkle over top of mixture. Fold into mixture. Bake in 350 degree oven for about 40 minutes.

Eat-N-Run Bars

½ c. margarine

¼ c. dry milk

1 c. raisins

3 c. mini marshmallows

¼ c. Tang

4 c. Cheerios cereal

½ c. peanut butter

¼ c. wheat germ (opt)

In large saucepan, melt margarine and marshmallows over low heat, stirring constantly. Stir in peanut butter until melted. Mix in milk and tang powder and wheat germ.

Remove from heat. Fold in raisins and cereal, stirring until evenly coated. Pat evenly into a buttered pan, 9 by 9 inches. Cool. Cut into bars about 3 inches by 1.

Miscellaneous

Skin Soothing Milk Bath

½ c. powdered milk

2 T. honey powder (or honey)

2 T. Sweet Almond oil (extra virgin olive oil can be substituted)

1 t. of fragrance oil or essential oil of choice (may be omitted for a clean, milky scented bath, or you may add vanilla extract or other flavored extract instead for scent.

½ c. powdered buttermilk

½ c. rolled oats, ground

½ c. cornstarch

Blend all the ingredients until well mixed. Store in an air-tight container and use 1/4 to 1/2 cup per bath. Makes the skin silky smooth. *You can also add a small amount of lavender, rose petals, chamomile, any edible flower ~ but be sure they do not cause an allergic reaction!*

Powdered Milk Bath in a Jar

1 c. powdered milk

5 to 8 drops scented oil -perfume oil or essential oil

Mix dry milk with oil. Mix well. Add more oil for a stronger scent. Place in a container for gift giving.

To use, add to running bath water.

POWDERED MILK CHEESES & YOGURT

These recipes have been collected from many sources. None are original with me. Some of the recipes were found in multiple places, with no way I could determine who was the original creator of the recipe, so all of the sources I used can be found at the end of the handout.

Most of these recipes use vinegar or lemon juice (direct acid method) to make the cheese rather than rennet (junket) because I don't have rennet (junket) stored, but I do have vinegar, and cider, both of which are easy to make. The same cannot be said for rennet!

Uses for Homemade Cheese and Cottage Cheese

Unflavored cheeses: Soups, salads, sandwiches taco filling, stir-fry, omelets, patties, loaves, casseroles, lasagna, on freshly sliced tomatoes, or mixed with one-half commercial cottage or grated cheese.

Flavored cheeses: Chip dips, sandwich fillings, casserole toppings, jerky, mixed with parmesan to use on top of pizza and spaghetti, seasoned with curry powder to use in cracked wheat and rice pilaf.

Helpful Tips

Flavor-causing enzymes come from bacteria which produce acid and then release enzymes. That bacteria is found in commercial cheese making cultures, but since those cultures are expensive and have a very short shelf life, I eliminate the long culturing process and use an acid to curdle the milk while the milk is heating, sometimes adding buttermilk or other spices and herbs. When I want a different flavor or texture, or a cheese that can be aged for one or two months, I use buttermilk, yogurt, or acidophilus as cultures.

Drain and rinse cheese made with old, yellowed, strong tasting/smelling, or rancid milk powder to improve color and flavor. The use of vinegar in the processing greatly reduces the problem of rancidity, plus by rinsing the cheese first in hot water which seems to take out the strong taste, then in cold water, which lightens the color and firms the curd, you can usually make a fine tasting homemade cheese. Some people think the hot water rinse should not be done because the resulting cheese has more of the cheese flavor we are used to. Do what your family likes best!

Cheese colorings can be added to any recipe during the blending process. Dairies, some health food or preparedness stores and mail order catalogs for cheese supplies carry liquid or tablet forms of yellow coloring.

Paste coloring can be obtained from stores that carry cake decorating supplies. Ordinary food coloring made for home use is not permanent and will not work as it rinses out during the rinsing and draining process.

The best pan to use for cheese making will be made of copper because the copper aids the curdling process. Do NOT use an aluminum pan, or spoon.

Let the cheese set in the pan until it has formed a fairly solid curd, well separated from the whey. This may take 45 minutes to 2 hours. Carefully pour off the whey, then cut the curd (with a plastic or stainless steel knife) into pieces about thumb size. Pour off the whey again. Rinse curds at least 3 times, gently lifting with your hand to stir them and release all of the whey. After final rinse, place curds into cheesecloth (2 layers) or old t-shirt fabric and drain.

Whey based powdered milk drink mixes such as Morning Moo, Swiss Maid, and others **will NOT work** for making cheese or yogurt! These products are made from the liquid left over after making cheese commercially.

Medium Cheddar Cheese

6 c. warm water 1 c. vegetable oil 9 T. cheddar cheese pwdr.
4 ½ c. powdered milk 2 ½ c. + 2 T. white vinegar

Blend all ingredients except cheese powder. Pour into a hot greased saucepan and heat to 115° to form curds.

Rinse the curds from the whey in warm water, then in cold.

Add salt to taste and add the cheese powder. Mix well.

Put into a cheese cloth and press it between two plates with a 1 pound object on top of the plate until all liquids are pressed out. Wrap in plastic and refrigerate.

Quick & Easy Cheese

1 quart milk
1 Tblsp plain yogurt

Mix together and leave at room temperature until the liquid begins to separate and curd forms. Put it in a tight cloth bag or cheesecloth lined colander and hang so it can drip into a bowl.

The curd can be salted to taste and used as cottage cheese or cream cheese. The whey can be used to reconstitute more milk for making cheese or for extra nutrition in breads and other cooking where liquids are added.

Shape the curd into a round ball. Lay it on a clean, dry cheesecloth over a wire mesh, elevated so air can circulate around the cheese ball. When it is firm, put it into a covered bowl and let it rest in a cool place for 3-4 weeks, turning occasionally. When you turn it, taste a tiny bit to see if it has aged sufficiently for your family's taste. If mold grows on it, don't worry, that just makes better flavored cheese! Cut the mold off before serving though.

Day Cheese

4 c. water

1 ½ c. non-instant dry milk

2-3 T. lemon juice or vinegar

Place water and milk in heavy pan on low heat or use a double boiler.

Slowly add lemon juice or vinegar to the milk as it cooks. Stir continually to avoid scorching the milk. Bring just to a boil but do not boil. The whey will be almost clear and the curds soft.

Remove the heat and pour through a wire strainer.

Rinse well with cold water. Season lightly with salt and serve.

Can add ½ c. cream or rich milk for richer taste.

Uses: Can be used for cottage cheese substitute in lasagna or in burritos.

Mock Mozzarella

4 cups warm water

1 ¾ cup white vinegar

¾ cup vegetable oil

3 cups powdered milk

Blend all ingredients, pour into hot, oil-coated saucepan and heat to 115 degrees to form curds.

Rinse in warm water, drain and salt to taste.

Place in cheesecloth bag and hang to drain, or squeeze out excess liquid.

Cool and grate or crumble.

Use as you would commercial mozzarella.

For a firmer texture, use only ¼ - ⅓ cup of oil.

*Note: this cheese has the texture and melt-ability of commercial cheese, but not the flavor. For pizza and such, you could mix ½ cup grated mock mozzarella with ½ cup commercial mozzarella for a more authentic flavor.

Parmesan Cheese

1 cup boiling water

2-3 tablespoons lemon juice

1 cup powdered milk

Blend all ingredients and cook over medium-high heat until milk boils. The curds will be very small and milk will be frothy.

Pour into a cloth lined strainer, rinse and press out excess water.

Put curds into a bowl and stir with a fork to break up.

Spread on a cookie sheet and dry for about 10 minutes in a 150 degree oven.

This cheese can be salted and used in place of parmesan, or mixed with 1/4 to 1/3 commercially dried parmesan cheese.

Refrigerate or freeze.

Makes about 1 cup of curds.

A pleasant flavor change takes place after about 3 months of aging under refrigeration.

Mozzarella #2

1 quart water 1 rounded cup powdered milk
Either 1 cup of heavy cream or 2 cups of half-and-half
1 cup of vinegar 1 Tablespoon salt

Flavor Options

½ cup fresh, chopped basil and ½ cup chopped sun dried tomatoes (not in oil)
½ cup pesto, drained slightly to remove the oil and ½ cup sun dried tomatoes (not in oil)
½ cup fresh, chopped basil and ½ cup finely chopped roasted red and yellow pepper

Prepare large plastic container (or 2) by poking small holes in the bottom, and trimming the lid so it will fit inside the container.

Put one gallon of water in a heavy, clean pot. Bring it to a boil.

Remove from the stove and add four rounded cups of powdered milk.

Using a hand blender, blend until incorporated.

Put back on the stove at a medium heat.

From this point you will need to be very careful to stir the mixture continually scraping the bottom of the pan to ensure that it does not scorch.

Slowly add heavy cream or half-and-half.

Mix continually until the mixture reaches 195 degrees on a thermometer. (There will be a slight shimmer and the top will be very foamy.)

Remove from heat and slowly stir in the vinegar.

Put a colander that has been lined with cheese cloth into the sink or over a pan to catch the whey and save for other uses.

Pour the hot milk/vinegar mixture into the colander.

When most of the liquid has passed through add salt and flavorings. (See options above.)

Gently incorporate using a wooden spoon or plastic spatula.

Gather up the ends of the cheesecloth and transfer to a plastic container with small holes in the bottom.

Fold the cheesecloth over the top of the cheese.

Set the container on a cooling rack placed on a cookie sheet to catch the whey. Put the lid down, inside on top of the cheesecloth and press gently.

Weigh it down with a couple of heavy cans. (Large cans of pumpkin are a good size.) This will squeeze out the excess liquid.

Let it rest one hour and then carefully remove the cheesecloth.

Return the cheese to the plastic container with the lid and the weights.

Put it into the refrigerator overnight.

The next morning take it from the refrigerator and wrap carefully in a paper towel and put into a Ziploc bag. Use within a few days.

This product is a cross between feta and fresh mozzarella, although the flavor is not as salty as feta. It is mild in flavor and texture. It melts better when made with heavy cream, although it does not melt the same as cheddar. It has no preservatives and it will only keep a few days. (This is never a problem because everyone gobbles it right up.) This recipe makes approximately 1½ pounds of cheese.

Because of using powdered milk, the cooking time is greatly reduced. You don't have to bring it up to heat so slowly when you bring the water to a boil first. It is delicious on salads and sandwiches. A real treat.

Soft Cottage Cheese

2 c. hot water 1 1/2 c. dry milk powder 3 T. Fresh lemon juice or white vinegar

Blend water and dry milk and pour into saucepan (foam and all).

Sprinkle lemon juice or vinegar slowly around edges and gently stir over medium heat just until milk begins to curdle, separating into curds and whey.

Remove from heat and let rest one minute.

Pour into strainer or colander, rinse with hot, then cold water.

Press out water with back of spoon.

Makes about 1-1/2 c. curds.

If desired, moisten rinsed curds with a little buttermilk before serving and add salt to taste.

Refrigerate if not used immediately.

Fresh whey from cheese can be used in place of water in breads and soups.

Quick Soft Pressed Cheese

2 c. boiling water 1-1/2 c. dry milk powder 3 T. vegetable oil
1 c. buttermilk 3-4 T. fresh lemon juice cheese coloring tablets (opt.)

Blend water, milk and oil, allowing foam to settle slightly. If colored cheese is desired, add ½ tablet cheese coloring (or cake decorating paste color) while blending.

Pour into hot saucepan coated with a nonstick spray and heat to at least 160 degrees.

Add lemon juice and continue to stir until mixture curdles.

Pour into a cheesecloth lined colander.

Rinse curds with warm water, then salt to taste.

Place cheese in cloth between two plates or spoon into a cheese press. Apply weight and let sit for ½ hour or longer, depending on how firm you want the cheese to be.

Remove from plates or cheese press, rinse, wrap in plastic and refrigerate.

Use within one month or freeze. This cheese can be sliced, grated, or crumbled.

For Smoky Cheese, add ½ t. Liquid Smoke flavoring and ½-1 t. salt after rinsing curds.

Easy Cheese

6 cups water 3 cups dry milk powder 1/2 cup white vinegar

In a large pot combine water and dry milk powder. Stir to dissolve.

Heat the milk over medium heat until it is very warm, about 120°. This is hot to the touch, but not scalding.

Stir in the vinegar.

Allow to stand for 10 minutes. There should be a large mass of curds in an amber pool of whey. If the liquid is still milky, add another 1/4-cup of vinegar. Stir and stand again for 10 minutes.

Line a strainer with a clean cloth and drain off the whey.

Rinse the curds under cool water and store in the fridge.

This recipe makes about 1-1/2 to 2-cups of curds.

Ricotta or Cottage Cheese: The dry cheese curds from the above recipe will work for ricotta cheese in most recipes. To turn it into cottage cheese add a little evaporated milk or yogurt to “cream” it and stir to combine. You can divide the mixture in half and make some of each if you want to give them both a try.

Jack Cheese

2 c. warm water 1 ½ c dry milk powder ⅓ c. white vinegar

Blend all ingredients. Pour into saucepan. Cook over medium heat, stirring until curds form and remaining liquid is clear yellow. If still milky looking, additional vinegar may be added 1 tsp at a time. Pour curds into a cheesecloth lined colander. Rinse well with very warm water to remove the vinegar flavor. Add salt to taste. Press if desired. Wrap in plastic and store in a cool location.

Homemade Yogurt

4 cups water 2 cups dry milk powder 1/4 cup plain yogurt w/active cultures

Combine water and dry milk powder.

Whisk in yogurt with active cultures. Read the label to be sure the yogurt has active cultures.

Stash the milk in a warm spot, between 80° and 110°.

Allow it to sit undisturbed for 6 to 8 hours. It should be thick and creamy, like commercially available yogurt.

Chill your yogurt and use anywhere you would regular yogurt. It makes a great substitute for sour cream. Or mix it half and half with prepared mayonnaise for your own homemade low-fat mayo.

Be sure you save 1/4 cup to be used in the next 2-3 days as starter for the next batch of yogurt.

Yogurt

1 qt. boiling water

½ c. plain yogurt

2 c. reg. milk powder

1 capsule acidophilus (opt.)

Spray pan with Pam and boil 1 qt. of water. Blend dry milk with part of this water (use blender, egg beater or whip) and add back to pan and heat to 180 degrees. Pour into 2-quart container. Let cool to 120 degrees, add yogurt and acidophilus and mix well. Cover and put in ice box cooker. Let set for 6-8 hours.

Yogurt #2

2 c. warm water (100°)

1 c. non-instant milk powder

2 T. plain yogurt

Pour warm water into blender and mix at low speed. Add milk powder slowly. Blend until smooth. Add yogurt. Blend a bit longer. Pour into glass jars. Set with one of the following methods:

#1

Place jars neck deep in warm water. Cover. Set on yogurt maker and keep temperature in the 100° - 120° range for 4-8 hours until set. Chill or eat immediately.

#2

Turn a heating pad to medium. Cover with a folded towel. Place jars on the towel and cover with another towel. Let sit undisturbed for 4-8 hours until set. Chill or eat immediately.

#3

Put on rack on top of stove with the oven in use. Cover and let sit for 4-8 hours until set.

Sour Cream

1 quart homemade yogurt

Line a colander with loose-weave fabric or cheesecloth. Pour yogurt into colander. Cover and place in a bowl. Drain for about 15 min until you can gather edges of bag. Secure with a rubber band and hang. If yogurt drains through fabric, return to colander for another 15 min. Depending on fabric used, yogurt will need to hang for 1 – 4 hours at room temperature, until consistency is like sour cream. Scrape yogurt from fabric with a spoon and place in a bowl. Sprinkle with salt. Mix well. This stores in refrigerator up to 3 weeks.

Cream Cheese

Follow directions for sour cream, but drain 3 – 8 hours, or overnight, in a cool place. (Add salt to taste.)

Yogurt Cheese/Cream Cheese/Sour Cream

Line a colander with a clean, damp piece of cloth.

Pour prepared yogurt into the cloth.

Allow the yogurt to drain overnight.

In the morning the remaining solids will be yogurt cheese. They can be used anywhere you would use cream cheese or thick sour cream.

Canning Soft Cheese (Cheese Whiz)

Home canned "soft cheese" has better cooking properties than store bought bottled cheese meant for snack food. It contains no preservatives and is more economical than commercial products for cooking purposes. These instructions yield a product that is similar to "Cheese Whiz", yet better tasting for a recipe of macaroni and cheese. This simple to do recipe for home canned cheese will keep for 2 years plus.

Ingredients:

1 (3 oz.) can evaporated milk

1 T. vinegar

½ tsp. salt

1 lb. Velveeta cheese or any processed cheese

½ tsp. dry mustard

Melt milk and cheese in double boiler. Add rest of ingredients and mix well. Fill pint jars about 3/4 full and seal. Place in Boiling Water bath for 10 minutes.

Baby Care

Baby Formula 1

1- 12 oz can evaporated milk 1 1/2 cups of water or 18 oz of water 1 1/3 Tbsp sugar (do not use Karo syrup!) Boil water for 5 minutes, add milk and sugar. Pour into prepared bottles and cover. Ready to use. Refrigerate unused portion.

Baby Formula 2

1/2 cup sunflower seed sprouts (optional but adds good nutrition!) 3/4 cup almonds or almond sprouts 2 cup cold water 2

Tbsp honey Salt Put all ingredients in a blender and whirl at high speed for 10 seconds. This is really yummy even for adults to take as an nutritional drink.

Other food storage "meals" babies can tolerate.

Bread Pudding

4 slices bread 2 Tbsp butter or margarine 1/3 cup brown sugar 1/2 tsp cinnamon 1/3 cup raisins 3 eggs, lightly beaten 1/3 cup sugar 1 tsp vanilla dash of salt 2 1/2 cup nonfat powdered milk, reconstituted, scalded Heat oven to 350. Butter a 1 1/2 qt casserole pan. Spread lightly toasted bread with butter. Sprinkle with brown sugar and then cinnamon. Cut bread into rectangles. In casserole arrange rectangles in single layer. Sprinkle with raisins. Blend eggs, sugar, vanilla, and salt. Gradually stir in milk. Pour mixture over bread. Place casserole in pan of very hot water, 1 inch deep. Bake for 65 to 70 minutes or until knife inserted comes out clean. Serve warm or cold.

Rice Pudding

1/2 cup of rice, pre-cooked may be better to use 1 cup water 1/2 cup or less sugar or honey 1 Tbsp cornstarch 2 eggs, separated 1 cup milk Mix rice and water in saucepan. Heat to boiling, stirring once or twice. Reduce heat, cover and simmer for 15 minutes without removing the cover. Stir cornstarch into sugar and add to slightly beaten egg yolks and milk. Stir into cooked rice. Continue cooking until thick. Beat egg whites until stiff. Whip into rice mixture. Serve.

Graham Crackers

Mix together: 1/2 cup evaporated milk or 1/4 cup non-fat powdered milk 1/2 cup water 2 Tbsp lemon juice or vinegar 2. Beat well in large bowl: 1 cup dark brown sugar 1/2 cup honey 1 cup oil 2 tsp vanilla 2 eggs beaten or 2 dehydrated eggs, beaten lightly 3. Combine above mixtures and add: 1 tsp salt 1 tsp baking soda 6 cups whole wheat flour (approx.) 4. Divide into 4 equal parts. Place each on a greased and floured cookie sheet and roll to 1/8th inch thick. Prick with a fork. 5. Bake at 375 for about 15 minutes, or until light brown. Cut in squares immediately.

Whole Wheat Cereal for Babies

2/3 cup whole wheat flour
2 1/2 cup cold water
1/2 tsp salt
Beat all ingredients together in a blender until smooth. Cook in a heavy pot or double boiler for 30 minutes, stirring often. You can add stuff like honey to this to make it tastier for the baby. Hope that helps.

It's nice to know what you need to really stock up on if you're planning to take care of another person's baby. So, here's what you'll probably need as far as food goes: evaporated milk Sugar and Honey sunflower seeds almonds for sprouting salt canned butter brown sugar cinnamon raisins dehydrated eggs or have some egg laying chickens vanilla powdered milk rice cornstarch lemon juice or vinegar oil baking soda wheat for grinding and sprouting

If you have all that, then you can feed a baby comfortably.

Other things that I would have are some fleece diapers with velcro, diaper ointment, baby shampoos and soaps, clothes (especially for warmth), blankets, booties, caps, bottles, a wrap to carry the baby in and some other way to carry the baby in a comfortable way

Special Thanks to Resources:

Rita Bingham (*Meals In Minutes*)

Alton Brown/Walton Feed

Claudia Erikson/Christine Van Wagenen (*Bee Prepared: Lone Peak Pantry Cookbook*)

Terri Johnson (*Simply Ready*)

Debbie Kent

Peggy Layton (*Cookin' w/Powdered Milk & Cookin' w/Home Storage*)

Leslie Probert/Lisa Harkness (*Emergency Food in a Nutshell*)

Irma S. Rombauer, et. al. (*Joy of Cooking*)

James Talmage Stevens (*Making the Best of Basics*)

as well as the following web sites:

www.ldsavow.com www.LiliesLane.com <http://ile-maurice.tripod.com/rasgoulas.htm>

www.hillbillyhousewife.com/powderedmilk.htm

www.mormonchic.com/recipe/recipebox/pages/powderedmilk.asp

<http://jordansfarm.wordpress.com/2008/07/07/cooking-with-home-storage-homemade-cheese-recipes-using-powdered-milk/>

