

Basic Food Storage--Powdered Milk-- Magic Mix

Magic Mix is probably the best thing that ever happened to powdered milk. Or perhaps I should say, to people who have to use powdered milk and their families. It's used by everyone everywhere in the food storage world. In a nutshell, Magic Mix is simply dry milk, butter, and flour combined in a large batch and stored in the refrigerator until needed. Mixed with water and cooked, it makes a simple white sauce, the basis for so many other sauces in cooking.

Here we have the recipe for the basic mix.

Magic Mix

2 1/3 cups dry milk
1 cup butter, softened
1 cup flour

Combine all in a large bowl with a pastry blender or wire whisk. Mix until crumbly, like cornmeal. Store in the refrigerator.

White Sauce Yields: 8 oz

2/3 cup Magic Mix
1 cup water

In a saucepan combine Magic Mix and water. Stir rapidly over medium heat until it starts to bubble.

The *real* magic starts when you begin adding in other ingredients.

Vegetable Cheese Sauce Yields: 8 oz

1 1/2 cups water
3/4 cup Magic Mix
1/2 cup shredded cheddar cheese

Combine water and Magic Mix in a pot over medium high heat. Stir constantly with a whisk until it bubbles and thickens. Stir in shredded cheese until melted in sauce. Serve warm over vegetables. (I personally like this best over veggies and spiral pasta. It looks like you put a lot of effort into making a tasty side dish, when actually, you didn't.)

Chocolate Pudding Serves:4

This pudding is seriously good.

1/2 cup sugar
1 cup Magic Mix
3 tablespoons cocoa
2 cups water
1 teaspoon vanilla

Combine Magic Mix, sugar, and cocoa in saucepan and mix well. Add water, stir over medium heat until pudding bubbles. Add vanilla and beat. Cover and cool.

Banana Cream Pie

1 1/2 cups crushed Nilla Wafers
3 tablespoons melted butter
1 cup Magic Mix
1/2 cup sugar
2 cups water
4 bananas, sliced

Combine the crushed cookies and butter and press into a 9-inch pie pan. Bake at 350 for 5 minutes. Set pie crust aside.

Combine Magic Mix and sugar in a small saucepan. Stir in water, and over medium heat, continue stirring until mixture bubbles and thickens into pudding. Remove from heat and stir in vanilla extract. Let cool 15 minutes. Place sliced bananas on pie crust. Pour pudding over the bananas. Top with Nilla Wafers. Chill and serve.

For **Chocolate Banana Cream Pie**, add 2-3 tablespoons of cocoa powder or 1/2 cup chocolate chips to the pudding mix when you combine the Magic Mix and sugar.

Homemade Nilla Wafers

1/2 cup butter, softened
1 cup sugar
1 large egg
2 teaspoons vanilla extract
1 1/3 cups flour
3/4 teaspoon baking powder
1/4 teaspoon salt

Cream butter and sugar together. Beat in egg and vanilla. Combine dry ingredients separately (and yes, that is baking powder and not baking soda), and then add to creamed ingredients and mix well. If you want true Nilla Wafer size cookies, roll about a teaspoon (like measuring spoon teaspoon size) of dough into a ball and flatten it with your fingers. The cookies will spread quite a bit, so place them about two inches apart on the cookie sheet. Bake at 350 degrees for 12-15 minutes. Cool on cookie sheet for 5 minutes and then transfer to a cooling rack.

Magic Mix Entrees-- Cheeseburger Mac 'n' Cheese and Beef Stroganoff

I adapted the following recipe from one I found at [Store This Not That](#). The original called for a can of cream of mushroom soup and a can of mushrooms and cooking in a slow cooker. I modified it to using Magic Mix for the sauce and preparing it on the stove. The original recipe called for a bag of frozen mixed vegetables in addition to everything else.

Cheeseburger Mac 'n' Cheese

Serves 6

2 cups uncooked elbow macaroni
1 lb ground beef
1/4 cup dried onion, rehydrated in 1/2 cup warm water
3/4 cup Magic Mix
1 1/2 cups water
1 1/2 cups shredded cheddar cheese
1 teaspoon salt
1/3 cup ketchup
2 1/2 teaspoons prepared mustard

Cook the macaroni in boiling water until tender and then drain. While the noodles cook, brown the hamburger and onions in a skillet. Combine the Magic Mix and water in the macaroni pot over medium-low heat, stirring frequently until thickened. Stir in cheese, salt, ketchup, and mustard. Add in the cooked hamburger and noodles and heat through.

Beef Stroganoff

Serves 4-6

1/4 cup dried minced onion, rehydrated in 1/2 cup warm water
1 cup [Magic Mix](#)
1 can (4.5 oz) mushrooms, undrained, plus 1/4 cup water (OR 1/4 cup dehydrated mushrooms rehydrated in 1 cup water)
dash onion salt
1-2 drops Kitchen Bouquet, optional
1 teaspoon garlic salt
1 lb cooked beef equivalent (canned, fresh, or dehydrated and rehydrated)
1 cup sour cream
Hot cooked noodles or rice

After the onions have rehydrated, prepare the cream sauce by combining the Magic Mix, liquid from the mushrooms, and water in a saucepan over low heat. Cook until thickened and then stir in onion salt, Kitchen Bouquet, garlic salt, onions, and beef. Just before serving, stir in sour cream and heat through. Spoon over hot noodles or rice.

Evaluation: starchy with Magic Mix yet tasty.