

# Powdered Milk 101

## Drinking

Cannery milk is non-instant, non-fat. Country Cream, Grandma's Cupboard, and Emergency Essentials all sell instant non-fat, which tends to taste better. You can also purchase whey-based milk substitute, plain or flavored, from Honeyville. It lacks much of the protein and many of the nutrients found in powdered milk. Instant whole milk (Nido) can be found in the Mexican food section of larger grocery stores.

- To make one gallon using non-fat, non-instant milk: Fill a one-gallon container half full with water. Add 3 cups non-instant non-fat milk powder. Whisk until creamy. Then add the rest of the water to make one gallon. To improve the flavor of powdered milk, add ½-1 teaspoon vanilla and 1 ½ teaspoons sugar per gallon. CHILL OVERNIGHT.

If you can't stand cannery milk for drinking (but try the above trick before you decide), you may wish to buy some of the more expensive ones for drinking, and cannery milk for yogurt and cooking.

Different kinds/processes better for some uses than others. Always store powdered milk for long-term storage in metal cans. It needs to be kept cool, dry, and DARK. Don't store powdered milk in buckets. Light deteriorates milk quickly, and nothing will fix or disguise it.

## Yogurt

Use cannery milk. Put 1-1.5 cups of powdered milk in blender, and add hot tap water until you have four cups. Blend. Pour into your incubating container. Yogurt incubates at 100-120 degrees. I prefer to have the temperature at the higher end of the range to make a milder yogurt more quickly. If your milk is a little cool, gradually add boiling water until you reach 118-120 degrees. Gently whisk in 2-4 tablespoons of yogurt starter (I use 4 tablespoons) (or equivalent amount of dry starter). The amounts of milk, water, and yogurt starter are more art than science. Follow a recipe first and adjust to your tastes.

The longer it sets, assuming the temperature is in the correct range, the firmer and more acidic it becomes. A higher temperature will set yogurt more quickly and make yogurt that is less sour. If the temperature drops too low and the yogurt hasn't set yet, you can heat the mixture to 120 degrees and incubate again. If you get your yogurt starter too hot, you need to wait for your milk to cool down and add new starter.

Each time you make yogurt, set aside enough yogurt to serve as the starter for your next batch. Make sure you use perfectly clean tools and containers to prevent contamination and spoiling of your yogurt and starter. Starter is best used within three days but will be good up to two weeks. {Get freeze dried starter at Country Health}

## Hot Fudge Sauce

1 can (12 oz.) evaporated milk (1½ cups water + ½ cup and 1 TBS. powdered milk)

2 cups semisweet chocolate chips  
½ cup sugar  
1 tablespoon butter  
1 teaspoon vanilla

In a two-quart saucepan mix your evaporated milk with a whisk. Add chocolate chips and sugar and heat over MEDIUM heat, stirring constantly until it boils. Remove from heat and stir in butter and vanilla. Let cool for at least 30 minutes or until sauce begins to thicken. Serve warm. Store your remaining sauce covered in the refrigerator up to 4 weeks. Sauce become firm when refrigerated; heat slightly before serving.

## Incubating methods

In an Oven

1<sup>st</sup> Turn **oven** light on, and place a pan of boiling water on lowest rack. (Mix up yogurt-then set in oven on top rack.) {40 watt bulb is best}

In a **Thermos**.

In a **Crock-pot**, wrapped with towels (Crock-pot "off").

On top of a **heating pad** and wrapped with towels.

**Outside**, when it is very warm.

In a **dehydrator**, if it has temperature control (set at 115-118 degrees).

In a small **cooler**, in jars, with hot water around the jars.

In a **pan of hot water**, with towels around it.

### MAGIC MIX

2 1/3 cups non-instant, non-fat (cannery) powdered milk  
1 cup all-purpose flour  
1 cup butter or real margarine (no spreads), softened

Combine all in large bowl with wire whisk. Mix until crumbly, like cornmeal. Store in refrigerator.

### Magic Mix Pudding

1/2 cup sugar  
1 cup Magic Mix  
2-3 tablespoons cocoa (optional)  
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. Makes four 1/2-cup servings

### Vegetable Cheese Sauce

1 cup water  
1/2 cup Magic Mix  
1/4 cup cheddar cheese, shredded

Combine water and Magic Mix in a pot over medium high heat. Stir constantly with whisk until it bubbles and thickens. (If you're worried at this point that the sauce is too runny, don't make a final judgment until the cheese is added as that will also thicken the sauce.) Stir in shredded cheese until melted in sauce. Serve warm over vegetables. Store leftovers in the fridge for up to a week. Yield: 1 cup.

### Grilled Chicken Pesto Alfredo

First grill up some chicken (personally I use thighs because they have more flavor and are much cheaper). While your chicken is grilling make your Parmesan white sauce (a.k.a Alfredo sauce) out of your Magic Mix.

2/3 cup Magic Mix  
1 cup Water

In saucepan combine Magic Mix and water. Stir rapidly over medium heat until it starts to bubble. Add 1 cup of Parmesan cheese per one cup of white sauce and a dash of salt and pepper. You can stop here and have Alfredo sauce or add in 1/4-1/2 cup pesto to make a creamy pesto sauce. Serve over hot noodles.

### Magic Mix White Sauce

2/3 cup Magic Mix  
1 cup water

In a saucepan combine Magic Mix and water. Stir rapidly (I use a wire whisk) over medium heat until it starts to bubble. Makes 1 cup.

Use Magic Mix White Sauce for all recipes calling for a white or cream sauce.

### Condensed Cream of Mushroom Soup

1 cup Magic Mix  
1 can (4.5 oz) mushroom pieces and stems (SAVE THE WATER!)  
1/4 cup water  
Dash onion salt  
1-2 drops Kitchen Bouquet, optional

Combine all ingredients over medium heat. Stir constantly until mixture begins to bubble and thicken. Remove from heat immediately.