

Got Milk? Recipes

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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.	3 T.	4 t.	1T.	2T.
1 C.	1 C.	1/3 C.	3 T.	2T.	¼ C.
1 quart	3 ¾ C.	1 1/3 C.	¾ C.	½ C.	¾ C.
½ gallon	7 ½ c.	2-2/3 C.	1 ⅓ C.	1 C.	1 ½ C.

For whole milk = double the dry milk

For ½ and ½ = triple the dry milk or use evaporated

MILKS

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.

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.

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.

Sweetened Condensed Milk

½ c. hot water ¾ c. sugar ¾ c. powdered milk
Blend until smooth. Makes the equivalent of 1 can.

BREADS

Biscuits

2 c. flour
1/3 c. dry milk
1 T. baking powder
1/3 c. shortening
1 t. salt
3/4 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.

Cinnamon Bread

1/4 c. shortening
2 c. flour
1/2 t. salt
1 T. cinnamon
1 c. sugar
1 t. baking powder
1 c. buttermilk
2 eggs
1/2 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

1/2 c. margarine
1/4 c. dry milk
1 c. raisins
3 c. mini marshmallows
1/4 c. Tang
4 c. Cheerios cereal
1/2 c. peanut butter
1/4 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.

Graham Crackers

Mix together:
Beat well in large bowl:
1 cup oil
Combine above mixtures and add:
1 tsp baking soda
1/2 c. evaporated milk
1 cup dark brown sugar
2 tsp vanilla
6 cups whole wheat flour (approx.)
2 T. lemon juice/ vinegar
1/2 c. honey
2 eggs beaten
1 tsp salt

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. Bake at 375 for about 15 minutes, or until light brown. Cut in squares immediately.

Hint: Can substitute 1/2 c. powdered milk and 1/2 c. water for evap. milk

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°. 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.

Old-Fashioned Pumpkin Nut Loaf Bread

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

Sweet Nut Bread

3 t. baking soda	3 c. buttermilk	4 1/2 c. sugar
1 1/2 c. shortening	6 eggs	7 1/2 cups flour
3 c. walnuts, chopped	3 t. vanilla	

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.

BREAKFASTS

Apple Pancakes

1 c. rehydrated DH apple slices 2 c. Quick Mix 1 T. egg powder, sifted
1/2 t. cinnamon 1 1/2 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

1/2 c. sugar 1/8 t. nutmeg 1 T. cornstarch
1/8 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.

Bacon Brunch Pie

2/3 c. nonfat milk powder 1 c. water 1/2 c. + 1 T Quick Mix
2 T. DH peppers, rehydrated 2 eggs (2T dry+4T water) 1/2 c. Bacon Bits
3/4 c. shredded cheese 1/2 c. finely chopped onion 1/8 t. black pepper

Preheat oven to 375°. 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.

Buttermilk Pancake Mix

4 c. flour 1/4 c. sugar 1/2 c. buttermilk powder
2 t. baking soda 4 t. baking powder 1 t. salt

Recipe makes approximately 1 2/3 pounds pancake mix. Mix can be stored in a sealed container in a cool place for about 3 months. If you want to keep it longer, store it in the freezer.

To use mix: Combine in a bowl 1 1/2 c. mix 1 beaten egg
1 1/2 T oil 2/3 c. + 2 t. water

Add liquid slowly mixing well between additions. Add a bit more water if thinner pancakes are desired. For variety try adding 1 1/4 t. cinnamon and 1/2 t. additional sugar to dry ingredients.

Buttermilk Pancakes

1 c. flour 2 T. sugar 1 t. baking soda
1/2 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 ¾ c. brown sugar ½ c. sugar
2 eggs ¼ t. salt ⅓ c. evaporated milk
2 t. vanilla 2 c. flour

Topping:

1 c. flour ½ c. melted butter 1 c. brown sugar
1 t. cinnamon ½ 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 w/ topping and bake 60 min at 350°F.

French Toast

¼ c. milk powder 1 c. water 6 T. dry egg, sifted
¼ t. sugar ¼ t. salt ½ t. vanilla
¾ t. cinnamon ¼ 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.

DRINKS

Baby Formula

⅓ c. + 2t. instant milk pdr. 1 ⅓ c. boiled water
Mix together completely. Add: 1 T. oil 2 t. sugar

Baby Formula 2

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

Egg Nog

Cooking with Home Storage, pg 11

⅔ c. powdered milk 2 c. water 2 T. honey or sugar
2 T egg powder/eggs ½ t. vanilla nutmeg to taste

Blend together. Top with nutmeg and serve.

Hot Cocoa Mix

4 c. instant nonfat dry milk 3-4 c. sugar 1 c. 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 1/3 c. cocoa mix into a mug, stir in 1 c. hot water, enjoy.

Instant Breakfast

1 c. ice cold water ¼ c. reg./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.

Magic Milk Shakes

1-1/2-2 c. ice water 1-1/2 c. milk powder 2/3 c. sugar
1/4 c. unsweetened cocoa 1 t. vanilla 1-1 ½ trays of ice cubes
2 T. 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: Add 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 ½ cup and add 1 tablespoon (yes, a full tablespoon) of vanilla flavoring.

Milk Shake

¾ c. water ½ c. powdered milk 4 t. flavored syrup
Blend until thick and frothy.

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 Punch

5 c. cold water 1 c. nonfat dry milk 12-oz frozen orange juice
Mix water with milk powder and add frozen juice. Stir well or blend. Chill and serve.

Orange Julius

⅓ c. frozen orange juice ⅓ c. instant dry milk 1 c. water
4-6 ice cubes, partially crushed 1-2 t. sugar 1 banana (opt)

Whirl all ingredients in blender. Serves 2.

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

Grape Julius: ⅓ c. frozen grape juice concentrate in place of the orange juice.

Reese's Julius: Use ¼ c. peanut butter & ¼ c. cocoa powder in place of the orange juice.

Orange Julius #2

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

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

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.

Yogurt-Fruit Smoothie

¼ c. yogurt ⅓ c. dry milk ½ banana
½ cup frozen orange juice ½ cup water 4 ice cubes

Mix all in blender until smooth.

MAIN DISHES

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. wide noodles,

Cook and drain noodles. 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.

Chicken a la King

2 T. dried green pepper ½ c. White sauce mix 3 T. flour
1 ½ t. chicken bouillon ½ t. onion powder 1-12 oz chicken chunks
(4oz) can mushrooms Water

Drain chicken and mushrooms into measuring cup, add water to make 3 c. 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

4 c. macaroni 1 ½ c. cheese powder 2/3 c. powdered milk
1/4 c. cornstarch 1 T. dried minced onion 3 c. water
1 t. salt ½ t. pepper

Cook macaroni according to package directions and drain. Combine remaining ingredients in medium saucepan and cook, stirring constantly until it comes to a boil. Boil for 1 minute then remove from heat and add macaroni, stir to coat and serve.

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
⅛ 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.

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	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.

Pasta Primavera

¼ c. dried onion	1 c. water	½ c. dried broccoli
¼ c. dried carrots	½ c. DH 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

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.

Country Gravy

½ c. flour

1/3 c. powdered milk

2 T. butter/marg. pdr.

1 T. beef bouillon

1/8 t. onion powder

1/8 t. ground sage

1/8 t. ground thyme

3 c. hot water

Mix all ingredients with whisk. Bring to a boil, over medium heat stirring constantly, until thickened. Add more water if needed for desired thickness.

Hint: Great over: meats, biscuits, potatoes or rice.

Cheese Sauce

1/3 c. cheese powder

3 T. flour

3 T. powdered milk

1/8 t. onion powder

1 c. water

3 T. butter or marg. pdr

Blend dry ingredients with a fork until mixed, in small saucepan. Slowly add water, mixing with whisk to blend. Heat to boiling, stirring constantly until desired thickness, about 1 min.

Cream of Something Soup Mix

2 c. dry powdered milk

¾ c. cornstarch

¼ c. chicken bouillon

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 ⅓ c. mix and 1 ¼ 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.

Quick Mix

9 c. flour (WW, white, ½&½) 1 1/2 c. instant dry milk ¼ c. baking powder
1- 1/4 c. powdered shortening 1 T. salt 1 T. sugar
2 t. cream of tartar 1 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 12 cups.

Variations: To substitute regular dry milk add 3T. more dry milk to mix.

When using all whole wheat flour, use 5 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.

Ranch Salad Dressing

½ 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
½ t. garlic powder ¼ 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, ½ c. yogurt.

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

Swedish Meatballs

Debbie Kent

3 c. meatballs 1 pkg. onion soup mix 2 c. Sour Cream
2 cans Cream of Mushroom Soup ½-1 c. Milk
1 lb Egg Noodles cooked, drained

Warm meatballs and cut in half. Warm in saucepan: soups, ½ c. milk and sour cream until bubbly, add meatballs. Add remaining milk if needed. Serve over warm noodles.

Substitution: Can use 1 lb cooked hamburger instead.

White Sauce Mix

¼ c. powdered dry milk ¼ c. powdered butter ¼ c. c. flour
1 t. chicken bouillon 1/8 t. salt salt and pepper to taste
1 ½ c. water

Stir together dry ingredients in small saucepan. Slowly whisk in water and bring to a boil over medium heat, stirring constantly, until desired consistency.

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.

Pasta Carbonara: Mix up white sauce, add to it along with water: ½ c. real bacon bits and ½ c. chopped sundried tomatoes, when thickened add ½ c. parmesan cheese. Serve over ½ lb cooked penne pasta.

DESSERTS

Canned Milk Fudge

2 c sugar	1/2 c cocoa	1 c canned milk
1/4 tsp salt	1/4 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.

Caramel Bread Pudding

1-12 oz can Evaporated milk	1 c. brown sugar	1/2c. sugar
2 T. butter flavored Crisco	2 t. vanilla	1/2 t. cinnamon
1 1/2 c. water	1/3 c. egg powder	4-5 slices dry, bread

Break up or cut up bread and spread in bottom of a casserole or baking dish. Whisk together eggs and water then pour egg mixture over bread. Bake at 350° for 30 minutes. While it is baking, combine milk, sugars, Crisco, vanilla and cinnamon in medium saucepan and bring to a boil over medium heat, stirring constantly. Boil for 5 minutes. Remove from heat. Pour caramel mixture over bread and cook an additional 30 minutes or until firm.

Coconut Macaroons

1 1/3 c. sweet. condensed milk	3 c. shredded coconut	1/2 c. flour
1/2 tsp vanilla	1/8 tsp salt	

Combine ingredients. Drop by tsp. on greased cookie sheet. Bake at 375° for 15 min.

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° for 1 1/2 hours.

Creamy Chocolate Frosting

4 oz. cream cheese, softened	1/4 c. evaporated milk	1/4 c. unsweet cocoa pdr
1/3 c. honey	1 t. vanilla extract	1 1/2 c. instant dry milk

Place the cream cheese in a bowl and let it come to room temperature. Add 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.

Elegant Creamy Cheesecake

9-inch graham cracker crust	16 oz(2 cups) cream cheese	½ c sugar
2 eggs	2 tsp. vanilla	1 ½ c 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.

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.

Fudgesicles

¾ c. sugar	3 T. cocoa	3 T. flour
1 T. cornstarch	¼ t. salt	1 ¼ c. regular milk pdr
4 c. boiling water	½ t. vanilla extract	

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

Ice Cream in a Bag

½ c. milk	1 T. sugar	½ t. vanilla
pinch salt	3 c. crushed ice	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	2 ½ c. sugar	6 c. water+3 c. instant milk
4 c. evaporated Milk	2 T. vanilla	½ t. salt

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

No Cook Fudge

½ c. butter	⅓ c. boiling water	4 ½ c. powdered sugar ½
c. dry milk	½ c. cocoa	Dash of salt
⅓ c. nuts		

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	½ c. Honey	1 ½ c. Non instant dry milk
Coconut		

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

Praline Banana Cream Pie

2 med. Bananas, diced Graham cracker pie crust $\frac{2}{3}$ c. dry milk powder
1 sm pkg instant vanilla pud. mix 2 T. Brown Sugar 1 $\frac{1}{4}$ c. water
1 t. vanilla 2 T. chopped pecans $\frac{3}{4}$ 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.

Pumpkin Roll

$\frac{1}{4}$ c. powdered sugar $\frac{3}{4}$ c. all-purpose flour $\frac{1}{2}$ t. baking powder
 $\frac{1}{2}$ t. baking soda $\frac{1}{2}$ t. ground cinnamon $\frac{1}{2}$ t. ground cloves
 $\frac{1}{4}$ t. salt 3 large eggs 1 c. sugar
 $\frac{2}{3}$ cup pumpkin 1 c walnuts, chopped (opt)
Filling: 1 pkg. (8 oz.) cream cheese 1 c. powdered sugar
8 T. butter 1 t. vanilla extract $\frac{1}{4}$ c. instant milk

powdered sugar (optional for decoration)

Bring cream cheese and butter to room temp. 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.

Tapioca Pudding

1 egg, slightly beaten $\frac{1}{4}$ c. sugar $\frac{1}{8}$ t. salt
3 T. Minute tapioca $\frac{1}{3}$ c, plus 2 T. dry milk 2 $\frac{3}{4}$ cups hot water
 $\frac{3}{4}$ t. vanilla

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.

	Vanilla Pudding Mix	
1 c. dry powdered milk	1/3 cup cornstarch	1/3 cup sugar
dash of salt	1 egg (opt)	3 T. butter
1 t. vanilla		

	Chocolate Pudding Mix	
1 cup dry powdered milk	1/3 cup cornstarch	2/3 cup sugar
1/3 cup unsweetened cocoa	dash of salt	3 T. butter
1 t. vanilla		

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.

Miscellaneous

Skin Soothing Milk Bath

1/2 c. powdered milk	1/2 c. powdered buttermilk	1/2 c. cornstarch
2 T. honey powder (or honey)	1/2 c. rolled oats, ground	
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.

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
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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.

CHEESE AND 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!

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.

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.

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.

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.

Medium Cheddar Cheese

6 c. warm water 1 c. vegetable oil 9 T. cheddar cheese pdr.
4 ½ c. powdered milk 2 ¾ c. 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.

Mock Mozzarella

4 cups warm water 1 $\frac{3}{4}$ cup white vinegar $\frac{2}{3}$ 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 $\frac{1}{4}$ - $\frac{1}{3}$ 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 $\frac{1}{2}$ cup grated mock mozzarella with $\frac{1}{2}$ cup commercial mozzarella for a more authentic flavor.

Mozzarella #2

1 gallon water 4 cup powdered milk 3 cup of vinegar
2 c evaporated milk 1 T. salt

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 water in a heavy, clean pot. Bring it to a boil. Remove from the stove and add 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 evaporated milk.

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 below) 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. 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.

Flavor Options:

$\frac{1}{2}$ cup fresh, chopped basil and $\frac{1}{2}$ cup chopped sun dried tomatoes (not in oil)

$\frac{1}{2}$ cup pesto, drained slightly to remove the oil and $\frac{1}{2}$ cup sun dried tomatoes (not in oil)

$\frac{1}{2}$ cup fresh, chopped basil and $\frac{1}{2}$ cup finely chopped roasted red and yellow pepper

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.

Parmesan Cheese

1 cup boiling water

2-3 T lemon juice

1 c. powdered milk

Blend all ingredients and cook over medium-high heat until just before 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.

Hint: 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. Aging 3 mo. Adds flavor.

Quick & Easy Cheese

1 quart milk

1 T. 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. 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.

Hint: 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.

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.

Soft Cottage Cheese

2 c. hot water 1 1/2 c. dry milk powder 3 T. lemon juice 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.

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.

Yogurt

4 cups water 2 c. dry milk powder 1/4 c. 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.

Hint: 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

4 c. water 1/4 c. plain yogurt 2 c. reg. milk powder

Blend water and milk powder and heat to 185°, just before boiling. Remove from heat and let cool to lukewarm (104°). Add in yogurt and stir thoroughly. Pour into 2 quart or 4 pint jars and cover with lid. Cover and put in ice box cooker or dehydrator set at 115°. Let set undisturbed for 6-8 hours.

Vanilla Yogurt: Add 1/3 c. sugar and 1 T. vanilla when adding yogurt and mix well.

Resources and Books

Alton Brown/Walton Feed

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

Deanna Bean and Lorna Shute (*Mix-A-Meal*)

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

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

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

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

Rita Bingham (*Meals In Minutes*)

Shari Haag (*The Everyday Gourmet*)

Terri Johnson (*Simply Ready*)



And don't forget to check out peaceofpreparedness.com
for the latest class handouts and class videos along with
lots of other great preparedness information.