

Powdered Milk

Good quality powdered milk is high in protein and calcium, low in calories, and can be great to cook with. The bonus is that by storing powdered milk you open up a whole new world of dairy products in your food storage. And, in the event that you really do one day need to live off of your food storage, the calcium is a must, especially for young growing children. But don't wait until "something happens" to use your powdered milk. There are surprisingly lots of fun and delicious foods to make and by using your powdered milk you keep it rotated and fresh. Don't let your powdered milk become a space-taking, money-hogging burden. Use it! Enjoy it! And replenish it! It will be nutrition for your family and less expensive than fluid milk. Plus, you have the bonus of knowing how to use it if "something" does happen.

There are two types of dehydrated milk: INSTANT NONFAT and REGULAR (non-instant). I prefer INSTANT NONFAT powdered milk. It mixes very easily for a smooth texture when reconstituting and is an excellent option for long-term storage. Instant nonfat dehydrated milk has a long shelf life and should be stored at room temperature or cooler. Reconstituted milk can be used in recipes just as you would use store-bought fluid milk. You can even mix the powdered milk in with the dry ingredients and then add the water to the recipe. Easy!

The recommended amount of powdered milk to store is 16 pounds per person. That quantity will allow you one eight-ounce glass per day for a year. You may wish to store more for younger children or pregnant or nursing women.

Store powdered milk in #10 cans rather than 5-gallon food grade buckets. Once the milk is opened and exposed to the air, it loses nutrients more quickly and can also go bad or lumpy, especially if exposed to moisture. The #10 can seems to be a more manageable amount to use within a reasonable amount of time. Also, the #10 can takes up very little room in the pantry. Use opened containers within 6 months to a year.

1 cup fluid milk	=	$\frac{1}{4}$ cup powdered milk + 1 cup water
1 quart fluid milk	=	$\frac{2}{3}$ cup powdered milk + 1 quart water (4 cups)
1 gallon fluid milk	=	2- $\frac{2}{3}$ cups powdered milk + 1 gallon water (16 cups)

Frosty Chocolate Drink

A rich chocolate drink without the guilt.

1 $\frac{1}{2}$ cups very cold water
1 $\frac{1}{2}$ cups powdered milk
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup dutch cocoa
1 tsp. vanilla
20 ice cubes

Place all ingredients in the blender and blend on HIGH for 2 full minutes. Serve immediately. Makes 4 – 12 oz. servings.

Chocolate Milk

Tastes like store bought!

Mix together:

- 8 cups of water
- 2-1/2 cups powdered milk
- 1/4 cup cocoa
- 1/2 cup sugar
- Pinch salt
- 1/2 tsp. vanilla

Chill overnight and serve COLD. Makes 1/2 gallon.

Sweetened Condensed Milk

- 1/3 cup boiling water
- 2 tablespoons butter, softened
- 1 cup powdered milk
- 3/4 cup sugar
- 1/2 teaspoon vanilla

Pour boiling water, butter, and powdered milk into a bowl and beat well with electric hand mixer. Gradually add sugar and vanilla, beating well. Store in refrigerator. Mixture will thicken slightly as it stands. Equals one 14 oz. can of sweetened condensed milk.

HOT CHOCOLATE MIX

The cinnamon and vanilla add just the right touch!

- 10 cups *instant* powdered milk
- 3 cups powdered sugar
- 1 cup granulated sugar
- 2 1/2 cups dutch cocoa powder, sifted
- 2 tsp. cinnamon
- 2 Tbsp. powdered vanilla

Mix together and store in air tight container. To use, mix 1/2 cup of hot chocolate mix for every 1 cup of water then heat to desired temperature. Stir with a cinnamon stick or a peppermint stick.

Note: You can find powdered vanilla in most natural food stores.

Tip: Powdered milk mixes best when mixed with a whisk rather than a spoon.

Note: Most hot chocolate mixes contain a creamer. However, creamers contain partially hydrogenated oil as do most commercial hot chocolate mixes. This homemade hot chocolate mix has a smooth creamy feel although it has no creamer. The cinnamon and vanilla truly add the right touch for flavor. If desired, top each mug with a dollop of whipped cream and a dusting of cocoa.

Yogurt Sour Cream

2 cups plain yogurt

Place yogurt into a cloth lined strainer. Cheese cloth works great. Place the strainer over a bowl and cover yogurt with a damp paper towel. Let sit in refrigerator for 6 to 10 hours. Yogurt will be thick and the consistency of sour cream. Use it in recipes just as you would sour cream.

Yogurt Cheese

Follow the directions for Yogurt Sour Cream. However, let yogurt sit in refrigerator for 24 to 48 hours. The result will be a nice thick, yet spreadable cheese, similar to that of cream cheese.

Yogurt Cheese Ball

1 cup Yogurt Cheese
1 cup grated, extra sharp cheddar cheese
1 tablespoon minced onion
1 tablespoon dried parsley
¼ teaspoon garlic powder
¼ teaspoon pepper
½ cup chopped pecans

Combine yogurt cheese, cheddar cheese, and seasonings until well combined. Press mixture with palms of hands into a large ball. Roll in chopped pecans. Wrap tightly in plastic wrap and refrigerate. Serve with crackers and pretzels.

Plain Yogurt

3-3/4 cups water
1 ½ cups powdered milk
½ cup plain yogurt with active cultures or one packet Yogourmet Yogurt Starter

In a large saucepan combine water and powdered milk over medium heat. Heat to 180 degrees, just below boiling point, stirring frequently. This will kill any competing bacteria. **DO NOT ALLOW THE MILK TO BOIL.** Remove milk from heat and let cool until lukewarm, 108-112 degrees. Transfer about one cup of milk to a small bowl. Gently mix in the yogurt or the yogurt starter until completely dissolved and then add the mixture back into the saucepan of milk. Stir to thoroughly combine. Pour into clean containers and let incubate in a warm spot (110 degrees) for 6-10 hours. See “Ways to Incubate” in Yogurt Tips. Chill.

Vanilla Yogurt

3-3/4 cups water
1 ½ cups powdered milk
¼ cup honey or pure maple syrup
2 tsp. pure vanilla
½ cup plain yogurt with active cultures or one packet Yogourmet Yogurt Starter

In a large saucepan combine water and powdered milk over medium heat. Heat to 180 degrees, just below boiling point, stirring frequently. This will kill any competing bacteria. **DO NOT ALLOW THE MILK TO BOIL.** Remove milk from heat and let cool until lukewarm, 108-112 degrees. Transfer about one cup of milk to a small bowl. Gently mix in the yogurt or the yogurt starter until completely dissolved and then add the mixture back into the saucepan of milk. Add honey or maple syrup and vanilla and stir to thoroughly combine. Pour into clean containers and let incubate in a warm spot (110 degrees) for 6-10 hours. See “Ways to Incubate” in Yogurt Tips. Chill.

Yogurt Tips

Yogurt can be made from powdered milk, evaporated milk, skim milk, lowfat milk or whole milk. Always use clean containers and utensils as the yogurt culture is affected by impurities.

Temperature is essential to get right when making yogurt, otherwise the yogurt cultures will die. Purchase a good candy thermometer to take out the guess work. NEVER let the milk the boil. Bring the temp to 180 degrees and then remove from heat to cool. You can cool the milk more quickly by putting the pan in cool water.

Cool the milk to 110 degrees. If milk is hotter than 120 degrees when yogurt start is added, it can destroy the yogurt cultures. A candy thermometer takes out the guess work.

When buying a commercial yogurt to use as a starter, always check the label for **live active cultures**. You must have live active cultures to make yogurt. Never use a flavored yogurt, always buy plain. You can use your new homemade yogurt as a starter for your next batch. However, the cultures weaken after several batches so use a store-bought yogurt occasionally. You can also purchase a dry yogurt start like Yogourmet, typically found in the refrigerated section by the yogurt. Store in the refrigerator. Yogourmet has a refrigerated life of about two years.

Yogurt typically needs to incubate about 6-10 hours. Yogurt will be partially set and will continue to thicken as it is chilled. Chill at least three hours before using. Overnight chilling is preferable. The longer yogurt is incubated the tarter it will taste. Homemade yogurt is not quite as smooth as commercially-made yogurt which is normal.

The liquid that forms on yogurt is called whey. You can drain it or stir it into the yogurt.

WAYS TO INCUBATE YOUR YOGURT

Yogurt Maker Method. I love the Salton Yogurt Maker because it makes one quart of yogurt in a single container similar to the size you would buy in the store. Most other yogurt makers use 6-8 small cups with about ½ cup to ¾ cup of yogurt in each, which can be an inconvenience if you are using large quantities of yogurt. To use, follow the yogurt recipe and then pour milk mixture into yogurt maker container. Incubate in the yogurt machine according to directions. Perfect every time!

Oven Method. You can also incubate yogurt in your oven. Pour yogurt into clean jars. Preheat oven to 200 degrees. TURN OVEN OFF and then place jars inside oven. Close the door and turn ON the light. Let yogurt incubate for 8-10 hours or overnight. If yogurt doesn't look set, take jars out of the oven, preheat to 200 degrees, TURN OVEN OFF, and then return jars to the oven for another hour. Chill. Remember that yogurt will continue to thicken as it chills.