

Recipe Cards and Helpful Hints



Skim Drinking Milk



Ingredients

2 c instant
powdered milk
1 1/4 non-
instant
powdered milk
1 gallon water

Directions:

1. Fill a gallon pitcher 1/3 full of warm water
2. Add all the milk powder both instant and non-instant
3. Stir with a wire whisk for about 1 minute
4. Fill the pitcher with cold water
5. Stir again for about 1 minute
6. Refrigerate overnight so it is cold before drinking
7. Stir again a few times to integrate the milk powder that has dissolved in the bottom of the pitcher with the rest of the milk

*Note: milk stored in a glass container will store longer in the refrigerator and stay colder.



Powdered Milk

- You can make all the commercial dairy products with powdered milk at 50-300% savings in less than 5 minutes.
- The finer the crystals in instant powdered milk the higher the quality and the better the taste
- Instant powdered milk takes twice as much powder to make the same amount of liquid as non-instant milk (1/2 non-instant or 1 c instant + 1 quart water = 1 quart drinking milk)
- Instant milk dissolves in all temperatures with a wire whisk—non-instant dissolves in warm water only
- Instant milk has a 10 year shelf-life; non-instant a 20 year shelf-life
- Moo Milk is considered a milk substitute because it is made from whey and contains less milk solids than powdered milk
- The quality and taste of powdered milk has greatly improved over the last 10 years because of the advances in manufacturing.



Evaporated Milk



Ingredients

1 c hot water
1/2 t oil optional
1/4 t warm honey
optional
1/4 c non-instant
powdered milk
or
1/2 c instant

Directions:

1. Stir together until smooth.
2. The honey & oil give the milk a more commercial flavor
3. The milk can be used in all recipes calling for evaporated milk with or without the flavorings.



Sweetened Condensed Milk



Ingredients

1c water
2 T butter or
margarine
2 c sugar or
splenda
2 c milk powder
or 4 c instant

Directions:

1. Bring water, margarine and sugar to a boil
2. Add milk powder and blend until smooth in a blender or use a wire whisk and stir milk in gradually.
3. Refrigerate. Makes 1 quart.

Stores well in the frig for up to one year. If sugar crystals develop, simply heat in the microwave to dissolve crystals and blend if necessary.



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