



## **UDDERLY DELICIOUS 'WHEYS' TO USE POWDERED MILK**

*“Seize every opportunity and milk it for all its worth!”*

If you've followed the amounts on most food storage calculators, you are likely dutifully storing a lot of powdered milk.

For years it was suggested to store 75 lbs powdered milk per person. The new figure for milk storage per person is **16 lbs. powdered milk per adult for 1 year, or 4 #10 cans**. This will provide aprox. 1 cup reconstituted milk per day for 1 year. Extra milk may be stored for cooking.

*“What kind of milk comes from a forgetful cow? Milk of Amnesia.”*

**Non-Instant Powdered Milk, (sometimes called regular)** doesn't mix easily in water. This is the reason instant milk was developed. Mix non-instant powdered milk the night before you plan on using it. After a quick mix it will be lumpy. Just put it in the refrigerator. By morning the lumps will have all dissipated into the liquid. Before serving, give it another quick stir and serve..

Non-instant milk has some advantages over instant milk. It's less expensive and less bulky. Non instant milk is 15% less expensive per pound than instant milk and takes up about 10% less space.

**Instant Powdered Milk** is made from regular non-instant nonfat powdered milk. Regular non-instant milk powder is fed into a spray of steam in the top of a drying chamber. The steam slightly dampens the milk particles which stick together enclosing numerous air pockets as it dries on it's way to the bottom of the drying chamber.

Instant powdered milk has one major advantage over regular non-instant powdered milk - it mixes up much more easily.!”

Dehydrated Dairy Products generally store very well **if stored dry in hermetically sealed containers with the oxygen removed**. Plan on a storage life of 15 years if stored at a stable temperature of 70 degrees F. They should keep proportionately longer if stored at cooler temperatures.

*“Do you know why the cow really jumped over the moon? The farmer had cold hands!”*

*Q: What a cow's favorite party game? A: MOO-sical chairs!*

### **Indian Fry Bread**

4 C. flour  
3 tsp. baking powder  
1 1/2 C. warm water  
1/2 tsp. salt  
1 C. powdered milk

Mix all ingredients. Roll or form into flat rounds with your hands and fry in small amount of oil. Serve with chili and cheese, or with butter and honey.

*"Don't forget to cow-nt your blessings every day."*

### **Milk Gravy**

1 cup instant dry milk  
3 cups water  
1 tablespoon butter or fat  
3 heaping tablespoons flour  
1/2 teaspoon pepper  
1/2 teaspoon salt

*"How do you make a milkshake?  
Give a cow a pogo stick!"*



In a med. Pan, mix the water and dry milk together. Add the flour, salt, and pepper. Cook over medium heat until the gravy is thickened. Add the butter or fat and stir until smooth. Serve over biscuits or toast.

*Q: Which job is a cow most suited for? A: Baker, Because they're making cow pies regularly.*

### **Old Fashioned Sausage Gravy**

1 lb. ground breakfast sausage.  
4 C water  
1 1/3C instant milk or 1 C non-instant milk  
4 heaping T. flour  
Salt and pepper

Brown 1lb ground breakfast sausage in a fry pan. In pitcher or blender add water and milk and reconstitute. With a slotted spoon remove the cooked sausage and set aside in a dish. To the fat drippings left behind in the pan add 4 heaping T. flour and stir it in. Stirring constantly with a large spoon over med heat, quickly add the milk. It will thicken fast as you stir. Add the cooked sausage to the pan and stir until heated. Season to taste with salt and pepper. Serve over biscuits or toast.

\*Make **Hamburger Gravy** the same way substituting 1lb hamburger for sausage.

*Q: What do you call it when a cow tries to jump over a barbed-wire fence?  
A: UDDER destruction!*

### Sweetened Condensed Milk

¾ C non-instant powdered milk (1 1/3 C instant)  
¾ C sugar (granulated)  
½ C hot tap water  
2 T. butter

Put hot water in blender, add butter. With blender whirring on med speed add sugar and powdered milk. Blend until smooth.

\*This can be used in place of 1 16 oz. can of sweetened condensed milk.

### Whipped topping

**Mix ½ C instant nonfat dry milk with ½ C cold water.** Beat to soft peak stage, about 4 minutes at med. Speed of an electric mixer. **Add ½ tsp. lemon or vanilla extract.** Beat 6 to 7 minutes at same speed. **Add 2 T. sugar** and beat 1 minute. *This replaces whipped cream.*



*“What do you get from a pampered cow?  
Spoiled milk.”*

*“Why did the cow wear a bell around her neck?  
Because her horn didn't work.”*

### Blue Ribbon Yogurt

1 1/3 C. instant powdered milk  
\*Add an extra 1/3 C powdered milk for thicker creamier yogurt.  
2 T. plain yogurt or 1 pkg. dried yogurt starter  
3 3/4 C. lukewarm water

Place in yogurt maker cups for 10 hours. Chill 3 to 4 hours.

\*I like to make this in the evening. Just turn the oven on to 150, warm it up, then turn it off. Put the yogurt mixture in a glass bowl covered with plastic wrap and place in the oven. Leave it until morning.

\*A thermos will maintain a constant temperature. A large thermos would be great to incubate the yogurt. Fill thermos and place on counter for 10 hrs.

\*This is great used in many recipes calling for sour cream.

\*My favorite is to put a spoon of jam like strawberry, in a small bowl of the yogurt and mix it up for fruit yogurt, or just a spoon of honey.

### Cream Cheese

**1 recipe for Yogurt made any of the above ways.** Place any amount of the yogurt in a smooth cotton cloth, tie with a string and hang, or place cloth in a strainer over a bowl. Let drain until most of the liquid has dripped out. Keep the cream cheese in an airtight container and keep in fridge.

*“What’s the best way to keep milk fresh? Leave it in the cow!”*

## Here are different ways to make Cottage Cheese

### Curds & Whey



In a large pot (DO NOT use aluminum cookware) combine **6-cups of water** and **3 cups of dry milk powder**. Stir to dissolve. Heat the milk over a medium flame until it is very warm, about 120°. This is hot to the touch, but not scalding. Stir in **1/2-cup of plain white 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. It can be used as the liquid in bread or muffins or biscuits. 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.

"What's a cow's favorite moosical note?  
Beef-flat."

### Using Rennet

Rennet is a commercially produced enzyme. Specific bacteria are grown in large vats, the bacteria secrete rennin, and it is then purified for cheese making, puddings and other recipe uses. Rennet is available commercially in tablet or in liquid form. Rennet tablets also called Junket, are readily available, inexpensive and they work. The tablets are stable at a cool temperature for several years. They can often be found in the pudding section of your supermarket and in health food stores. Rennet will make a more firm and larger curd. DO NOT use aluminum cookware to make cheese.

### Cottage Cheese

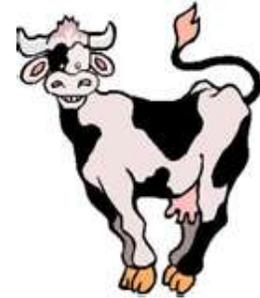
16 C Water (1 gallon)  
4¼ C Instant powdered milk, or 3¼ C non-instant  
½ Rennet tablet  
½ C Water  
½ C buttermilk  
1 t. salt  
½ C cream (optional)

In small bowl dissolve rennet in ½ C water, let sit to soften, then mash to completely dissolve. In a large pot combine the water and milk powder, stir to reconstitute. (If using the non-instant milk, whir enough water with milk powder in a blender to dissolve, then add to pot.) Stir in buttermilk and dissolved rennet to milk in pot.

Cover pot and let stand for up to 24 hours. Do NOT stir or disturb pot. When the mixture is set the curd will have formed pulling away from the side of the pot.

Cut the curds into ½ inch pieces. In double boiler heat the curds and liquid whey until temperature reaches 110 degrees. It may take an hour. Maintain the 110 degree temp. until the curds firm up. Stir every few minutes to distribute the temperature evenly. (If the curds fail to firm up, raise the temp. to 115, or to 120 degrees for up to 30 minutes.)

Line a strainer with cheese cloth and pour the curds and whey into it to drain. (Save the liquid to use in breads and baking in place of other liquids.) When drained, pull up the corners of the cheese cloth and dip the curd into water to rinse off the remaining whey. Put into a large bowl. The curds can be used for ricotta or add salt and ½ C Cream, mix and chill well.



“Why does a milking stool have only three legs?  
Because the cow has the udder.”

### Quick Cottage Cheese

4 C Water  
2 C Instant Powdered Milk  
2/3 C Corn Oil  
1 tsp Vitamin C Powder or Ascorbic Acid 4,000 Mg.

Bring water to boil in large pot. Stir in powdered milk, then oil. Add ascorbic acid stirring gently until milk curdles. This may take 18 to 20 minutes. Remove from heat and let sit 2 minutes. Drain off the whey. Add a small amount of cream or buttermilk and salt, stir and refrigerate

### Mock Mozzarella

4 cups warm water  
1 ¾ cup white vinegar  
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 1/4- 1/3 cup of oil.  
\*note: This has the texture and melt ability of commercial cheese, but not the flavor. You could mix ½ cup grated mock mozzarella with ½ cup commercial mozzarella for an authentic flavor.

### Parmesan Cheese

1 cup boiling water  
2-3 tablespoons lemon juice  
1 cup powdered milk

Blend all ingredients and cook over medium-high heat until 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. 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. Makes about 1 cup of curds. A pleasant flavor change takes place after about 3 months of aging under refrigeration.



*Q: Where do cows dance?*

**A: At Meatballs!**

### PEANUT BUTTER PLAY-DOH

2 C peanut butter  
2 C powdered milk  
1 C honey, or corn syrup

Mix all together. Give your child a cookie sheet and play-doh and watch the fun begin!  
Kids can knead it and make sculptures out of it and then eat it, too!



*"Don't forget to cow-nt your blessings every day."*

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