

Using Nonfat Dry Milk

Prepared by Extension Foods and Nutrition Staff, Oregon State University, Corvallis

Nonfat dry milk is made from fresh whole milk with the butterfat removed. It can be used in place of fresh milk for drinking and cooking.

The milk distributed in the Abundant Food program is not the "instant" type. For best results mix as follows:

To make one quart of fluid milk, use:

4 cups water

1 cup nonfat dry milk

- ✓ Measure the dry milk into a bowl
- ✓ Add enough water to make a thick paste
- ✓ Beat out any lumps
- ✓ Add the rest of the measured water and stir until well mixed

Keep covered in the refrigerator

Chill thoroughly for drinking

Drink some milk every day. It is our best source of calcium, which everyone needs for healthy teeth and bones.

Use dry milk in your own recipes. In any recipe calling for milk, you can add the dry milk to other dry ingredients. Then add the required amount of water with the other liquid in the recipe. The food value of many dishes such as casseroles can be increased by mixing in some dry milk.

Check the label on your dry milk package. *Instant nonfat dry milk will soon be available.*

Using Nonfat Dry Milk in Recipes

The amounts of milk and water to use for making a given amount of fluid milk are listed below.

1 quart of milk	1 cup nonfat dry milk, 4 cups water
1 pint of milk	$\frac{1}{2}$ cup nonfat dry milk, 2 cups water
1 cup of milk	$\frac{1}{4}$ cup nonfat dry milk, 1 cup water
$\frac{1}{2}$ cup of milk	2 tablespoons nonfat dry milk, $\frac{1}{2}$ cup water
$\frac{1}{4}$ cup of milk	1 tablespoon nonfat dry milk, $\frac{1}{4}$ cup water

Yogurt

1 quart fluid milk made from nonfat dry milk
 $\frac{2}{3}$ cup nonfat dry milk
1 tablespoon commercial yogurt

Mix nonfat dry milk with fluid milk. Heat milk over low heat to just under boiling temperature.

Cool until milk stops steaming but is warm. Add one tablespoon commercial yogurt. Cover and leave in a warm place until set (8 to 10 hours). Do not stir.

Keep in a refrigerator and chill before using. Serve plain, on fruit, salads, or desserts.

Whipped Topping

$\frac{1}{2}$ cup ice-cold water
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup nonfat dry milk
2 tablespoons lemon juice

Put water into an ice-cold bowl. Add milk and beat with a cold egg beater until stiff. Add sugar slowly while beating. Add lemon juice and beat only until well mixed. Makes $2\frac{1}{2}$ cups of topping.

5-Minute Cabbage

3 cups milk
2 quarts shredded cabbage
3 tablespoons flour
2 tablespoons melted margarine or butter
 $\frac{1}{2}$ teaspoon salt
Dash pepper

Heat milk; add cabbage and simmer about 2 minutes. Mix flour with fat and add a little of the hot milk. Blend well. Stir this mixture into the cabbage and cook for 3 or 4 minutes, stirring constantly. Season with salt and pepper. Serves 6.

Tomato Soup

$3\frac{1}{2}$ cups cooked or canned tomatoes
 $\frac{1}{4}$ cup chopped onion
2 tablespoons margarine or butter
3 cups hot milk
3 tablespoons flour
1 teaspoon salt
 $\frac{1}{2}$ teaspoon sugar

Mash tomatoes and cook with onion about 10 minutes. Melt the fat and blend in flour, salt, and sugar. Gradually add tomatoes. Cook over low heat, stirring constantly until thickened. Gradually add tomato mixture to milk, stirring constantly. This method should prevent curdling. Heat to serving temperature. Serves 6.



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Quick Cream of Potato Soup

1½ cups cubed potatoes
1 tablespoon chopped onion
¾ teaspoon salt
½ cup nonfat dry milk
¾ cup water
1 tablespoon margarine or butter
1 tablespoon flour
2 cups hot water

Cook potatoes, onion, and salt in the ¾ cup of water until the potatoes are done. Blend the fat, flour, and milk and stir in enough of the 2 cups hot water to make a paste. Add remaining water. Pour some of the hot potato mixture into milk mixture and stir well; add to remaining potato mixture. Cook, stirring constantly until thickened. Serves 4.

Corn Chowder

2 tablespoons melted margarine or butter
3 tablespoons chopped onion
1¼ cups diced potato
1 cup water
¾ cup cream-style corn
3½ cups milk
½ teaspoon salt

Lightly brown onion in fat. Add potato and water and cook 10 minutes. Add corn and cook 10 minutes longer. Stir milk and salt into vegetable mixture and heat to serving temperature. Serves 6.

Note: This makes a thin chowder. If a thicker product is desired, blend 2 tablespoons of flour with dry milk before mixing with water. Cook until slightly thickened.

Fish Chowder

2 tablespoons shortening
3 cups water
¼ cup minced onion
2 cups diced potatoes
¾ pound fresh fish, or small can of fish*
¾ cup nonfat dry milk
1 tablespoon flour
1 teaspoon salt
½ teaspoon pepper

Cook shortening, 2½ cups water, onion, potatoes, and fish until potatoes are tender. Blend milk, flour, salt, and pepper with remaining ½ cup water to make a paste. Slowly add some of the hot mixture to paste and mix well. Add paste to rest of hot mixture and blend thoroughly. Cook over medium heat until mixture comes to a boil and is thickened. Serves 4 to 6.

* If canned fish is used, add after paste is blended into hot liquid.

Corn Pudding

2 eggs, beaten
1 cup soft bread cubes
2 tablespoons melted margarine or butter
2 cups milk
2 cups cooked, drained whole kernel corn
½ teaspoon salt
Dash pepper

Combine eggs, bread cubes, fat, milk, corn, salt, and pepper. Pour into a greased baking dish and set in a pan of hot water. Bake at 350° F (moderate oven) 50 to 60 minutes or until set. Serve at once. Serves 6.

Bread Pudding

2 cups milk
1½ cups soft bread cubes
1 tablespoon margarine or butter
¼ cup sugar
¼ teaspoon salt
½ cup raisins or nuts
2 eggs, beaten

Heat milk; add bread cubes and fat. Add sugar, salt, and raisins or nuts to eggs, then slowly stir in some of the hot milk mixture. Add rest of hot milk. Pour into a greased baking dish and set in a pan of hot water. Bake at 350° (moderate oven) 1 hour or until set. Serve immediately. Serves 6.

Pudding Mix

1½ cups sugar
2½ cups nonfat dry milk
1¼ cups flour
1 teaspoon salt

Stir the ingredients together until well mixed. Store in tightly covered container in a cool place. Makes enough mix to make 24 servings of dessert.

Variations:

Chocolate pudding mix: add ¾ cup cocoa and ¼ cup more sugar to above ingredients before stirring.

Caramel pudding mix: substitute 1½ cups packed brown sugar for granulated sugar.

Vanilla Pudding (made from mix)

1¼ cups pudding mix
2½ cups warm water
¾ teaspoon vanilla
1 tablespoon margarine or butter
1 egg, beaten

Combine mix with water and cook over slow heat until thickened, stirring constantly. Cover and cook 5 minutes longer. Add the fat. Remove from heat and beat half of the hot mixture into the egg. Blend slowly into the remaining hot mixture. Stir in vanilla and chill. Serves 6.

Cocoa-Chocolate Milk Mix

1 cup cocoa
¾ cup sugar
½ teaspoon salt
4 cups nonfat dry milk

Combine ingredients and store in tightly covered container.

To use: For every cup of cocoa or chocolate milk desired, use ½ cup mix and 1 cup water. Combine part of the water with mix to make a smooth paste. Add remaining water and blend well. Heat for cocoa or chill for chocolate milk.

Banana Milk

1 cup water
¼ cup nonfat dry milk
2 ripe bananas, mashed
1 cup fluid milk

Combine part of water with nonfat dry milk to make a smooth paste. Blend in rest of water. Add bananas and fluid milk; beat until smooth. Chill. Serves 6.

Spice Milk

2 cups nonfat dry milk
½ teaspoon cinnamon
½ teaspoon nutmeg
1 tablespoon sugar
¼ teaspoon salt
1½ quarts fluid milk

Combine dry ingredients. Add part of milk to make a smooth paste. Blend in rest of milk and stir until smooth. Chill.