

WHO SAID POWDERED MILK ISN'T GOOD

(From USU Extension Service)

MAGIC MIX

4 cups instant (2 1/3 cups non-instant) dry milk
1 cup flour *or* 1/2 cup cornstarch
1 cup (2 sticks) margarine

Combine dry milk, flour, and margarine into a large bowl and mix until it looks like cornmeal. Keep mix tightly covered in the refrigerator. (Makes 5 cups Magic Mix)

NOTE: Magic Mix can be used in many recipes to make food preparation easy and economical. Try a few of the following recipes.

CREAM SOUP (serves 4)

4 cups water
1 cube *or* 1 tsp. bouillon granules
2 cups Magic Mix
Add one or more of the following:
3 cooked carrots, mashed
3 potatoes, cooked and chopped & 1 Tbsp chopped onion
1 can chopped clams
1 pkg. chopped spinach, cooked
1 can cream-style corn and 1 Tbsp chopped onion

Combine water, Magic Mix, and bouillon in saucepan. Stir over medium heat until slightly thick. Add desired ingredients. Heat thoroughly.

WHITE SAUCE (Makes 1 cup)

2/3 cup Magic Mix 1 cup water

In saucepan, combine Magic Mix and water. Stir rapidly over medium heat until it starts to bubble.

NOTE: Use Magic Sauce for all recipes calling for a white or cream sauce.

MACARONI AND CHEESE (Serves 4)

1 cup white sauce from Magic Mix
1 cup uncooked macaroni
4-5 oz. grated cheese (about 1 cup)
1/2 - 1 tsp. salt *or* garlic salt (optional)

Cook macaroni in boiling water until tender. Drain. Combine macaroni, white sauce, cheese, and seasoning. Heat through.

PUDDING (Makes 4 (1/2 cup) servings)

1/2 cup sugar 2 - 3 Tbsp cocoa (optional)
1 cup Magic Mix 2 cups water
1 tsp. vanilla

Combine Magic Mix, sugar and cocoa in saucepan and mix well. Add water, stir over medium heat until pudding bubbles. Add vanilla and beat. Cover and cool.

FUDGESICLES

1 pudding recipe (see above) 1 cup milk

Prepare pudding according to directions. Stir in milk and beat until smooth. Pour mixture into ice cube trays or small plastic cups. Insert plastic spoon and freeze until solid.

WHIPPED TOPPING

6 Tbsp instant (3 1/2 Tbsp non-instant) dry milk
1 cup boiling water
2 Tbsp cold water 2 tsp unflavored gelatin
1 tsp vanilla 2 - 4 Tbsp sugar

Dissolve the milk in the cup of water and scald. Soak the gelatin in cold water. Combine the scalded milk, dissolved gelatin, and sugar. Stir and chill in the refrigerator until it jells. Now beat the mixture until it acquires the consistency of whipped cream. Add the vanilla and whip again.

BUTTERMILK (Makes 1 quart)

1 cup instant dry milk
1/2 cup commercial (or previously made) buttermilk
3 cups slightly warm water

Shake or beat until blended. Cover and allow to stand at room temperature until clabbered (6 - 12 hours). Refrigerate after clabbering.

NOTE: Buttermilk will keep in the refrigerator for 2 - 3 weeks. It may be frozen. It will be necessary to use a fresh start of buttermilk occasionally.

BAKERS CHEESE

(Tastes like Ricotta or cream cheese. May be used in any recipe calling for either cheese)

1/4 rennet tablet (Junket)
3 cups non-instant (5 1/3 cups instant) dry milk
1/2 cup buttermilk
2 quarts warm water

Dissolve rennet tablet in warm water. Thoroughly mix in dry milk. Cover and allow to stand at room temperature until set (about 5-10 hours). Pour into a cheesecloth-covered strainer. Close the cheesecloth and squeeze out as much whey as possible. The whey may be saved for use in bread. Place the cheese in the refrigerator until well chilled (usually overnight). Knead cheese until the texture is smooth. Cheese will freeze well for up to 6 months. (Makes about 1 pound)

NOTE: Rennet is available in most grocery stores near the gelatin section. Rennet is the enzyme rennin)

SWEETENED CONDENSED MILK (Makes about 14 oz.)

3/4 cup non-instant (1 1/3 cups instant) dry milk
3/4 cup sugar
1/2 cup hot tap water

Place hot water in blender. With blender going add sugar and dry milk. Blend until smooth.

COCOA MIX

(Makes enough for 10 quarts or 40 one-cup servings)

15 cups instant dry milk 1 1/2 cups sugar
1 cup cocoa 1 1/2 tsp. salt

Mix well. To use: Mix 1/2 cup mix with 1 cup hot water.

RICH COCOA MIX (Makes enough for 8 quarts)

10 2/3 cups instant dry milk 1 jar (6 oz. instant coffee creamer)
 1 lb. can instant chocolate 1/2 cup powdered sugar

Mix well. TO USE: Mix 1/2 cup mix with 1 cup hot water.

PEANUT BUTTER CHEWS

1 cup powdered sugar 2 cups instant dry milk
 1 cup peanut butter 1 cup corn syrup or honey

Mix powdered sugar and powdered milk thoroughly. Add peanut butter and syrup. You may need it with your hands. Press into a cake pan or roll into walnut-sized balls.

Variations: Add nuts or Rice Krispies. Dip in chocolate.

RECIPES USING DRY MILK (From the NESTLE company at VeryBestBaking.com)**CREAMY FRUIT SMOOTHIE** (Serves 4)

3 cups fruit (fresh, frozen, unsweetened or canned [drained])
 1 1/3 cups instant dry milk
 1/2 cup water 1/2 cup ice cubes
 2 Tbsp sugar 1 tsp vanilla

Place fruit, dry milk, water, ice, sugar and vanilla in blender; Cover. Blend until smooth.

NOTE: For a tropical taste, use a mixture of mango, papaya and pineapple

CHEESY SPOON BREAD (Serves 6)

(Spoon bread can't be sliced and buttered. It is a pudding-like casserole made to be eaten with a spoon)

3/4 cup instant dry milk 3 eggs, separated
 1/2 cup yellow corn meal 2 Tbsp margarine
 2 cups water 1/4 tsp baking powder
 1 1/4 cups (5 oz.) shredded cheddar cheese, divided

Preheat oven to 375 degrees F. Grease a 1 1/2 quart casserole dish. Combine dry milk and corn meal in a large saucepan. Stir in water. Cook over medium heat, stirring constantly, until mixture comes to a boil and thickens. Remove from heat. Stir in 1/4 cup cheese, egg yolks, margarine and baking powder.

Beat egg whites in small bowl until stiff peaks form. Fold into corn meal mixture lightly but thoroughly. Pour into prepared casserole dish. Sprinkle with remaining cheese.

Bake for 30 to 35 minutes or until top is golden and filling is set. Serve warm.

NOTE: For extra flavor you could add mushrooms and onions or a 4 oz. can of diced green chilies and cooked ground beef.

STRAWBERRY CHIFFON PIE (Serves 8)

1 prebaked 9-inch deep-dish pie crust
 1 pkg. (10 oz.) frozen sweetened strawberries, thawed, drained, juice reserved
 1/2 cup water, room temperature 1 Tbsp flour
 1 envelope unflavored gelatin 1/3 cup ice water
 1/4 cup granulated sugar 1/3 cup dry instant milk
 3 Tbsp fresh lemon juice, divided 2 Tbsp granulated sugar

Freeze small mixer bowl and beaters. Pour water into a small bowl; sprinkle with gelatin.

Combine 1/4 cup sugar and flour in small saucepan. Add reserved strawberry juice and gelatin mixture; mix well. Cook over low heat, stirring frequently, until sugar is dissolved. Remove from heat. Stir in strawberries and 2 Tbsp lemon juice. Pour into large mixer bowl. Refrigerate for 20 min. or until thick and syrupy, but not set.

Beat ice water and dry milk in chilled bowl for 3-4 minutes or until soft peaks form. Add remaining lemon juice and beat for 3-4 minutes or until stiff. Fold in 2 Tbsp sugar; blend on low speed. With wire whisk, mix whipped topping into strawberry mixture. Pour into pie crust. Refrigerate for 2 hours or until firm.

STRAWBERRY SHORTCAKES (Yields 4)

4 cups fresh strawberries, sliced and sweetened
 2 cups baking mix (such as Bisquick)
 1/2 cup water 2 Tbsp instant dry milk
 2 Tbsp sugar 2 Tbsp margarine, melted

Preheat oven to 400 degrees F. Combine baking mix, water, dry milk, sugar and butter in a small bowl; mix well. Drop by heaping tablespoons onto ungreased baking sheet to make 4 large shortcakes. Bake for 10-13 minutes or until just golden. Cool slightly. Split shortcakes in half horizontally. Spoon strawberries over bottom half; top with top half. Top with whipped cream before serving, if desired.

NOTE: a mixture of fresh blackberries, blueberries, or raspberries may be used in place of strawberries.

TRAIL BARS (Yields 15 bars)

2 cups mixed dried fruit (raisins, apricots, cherries, chopped dates, etc.)
 1/2 cup sunflower seeds, shelled 1 cup light corn syrup
 7 cups crisp rice cereal 1/2 cup sugar
 1 cup quick oats 1 cup instant dry milk
 1 1/2 cups chunky peanut butter 1 tsp. vanilla

Grease a 10x15-inch jellyroll pan. Combine dried fruit and sunflower seeds in a food processor; cover. Pulse to chop into small pieces. Transfer to large bowl. Add rice cereal and oats; mix well.

Combine peanut butter, corn syrup and sugar in small, microwave-safe bowl. Heat on HIGH (100%) power until bubbly, about 1-2 minutes. Stir in dry ilk and vanilla extract. Pour peanut butter mixture over cereal mixture. Stir well to coat. Press mixture into prepared pan. Cut into bars. Let cool completely before removing from pan. Store in airtight container.

CREAMY GARLIC DIP

1 cup sour cream 1 clove garlic, finely chopped
 1/2 cup instant dry milk 1/2 tsp. salt
 2 Tbsp chopped green onion 1/4 tsp. black pepper
 1 Tbsp cider vinegar

Combine all ingredients in a small bowl; stir until smooth. Serve with assorted cut-up fresh vegetables such as carrots, broccoli, bell peppers, mushrooms and green beans.

BLUE CHEESE DRESSING AND DIP

1/2 cup plain yogurt 1 small clove garlic, minced
 1/4 cup instant dry milk 1/4 tsp basil
 1/2 cup chopped green onions 1/4 tsp rosemary
 2 oz. crumbled blue cheese 1/8 tsp salt

Combine yogurt and dry milk in small bowl. Add remaining ingredients; mix well. Cover and refrigerate for 30 minutes before serving.