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# NONFAT DRY MILK IN FAMILY MEALS

Nonfat dry milk is a wholesome dairy product made from fresh milk. Only the water and cream are removed. It has the calcium and other minerals, and B vitamins, natural sugar, and high-quality protein that make liquid skim milk such valuable food. Use dry milk often in family meals as a beverage and in cooking. The following recipes from the Human Nutrition Research Division of the Agricultural Research Service show the variety of ways in which dry milk can be used in family meals.

How to Make Fluid Skim Milk: Dry milk can be mixed quickly with water to make fluid skim milk. Start by putting the measured amount of dry milk on top of the measured amount of lukewarm water for the amount of milk needed. Beat well with a rotary beater, wire whip, or spoon. Or shake the water and dry milk together in a tightly closed jar.

The amount of dry milk to use to replace various amounts of fluid milk are given below:

<u>For</u>	<u>Use</u>
1 quart milk .....	1 cup dry milk, 4 cups water
1 pint milk .....	1/2 cup dry milk, 2 cups water
1 cup milk .....	1/4 cup dry milk, 1 cup water
1/2 cup milk .....	2 tablespoons dry milk, 1/2 cup water
1/4 cup milk .....	1 tablespoon dry milk, 1/4 cup water

Use Dry Milk In Your Own Recipes: In any recipe calling for milk, you can simply add the dry milk to other dry ingredients. Sift to blend, then add water for the required amount of liquid.

Enrich your cooking with dry milk. Step up the food value of some dishes with extra amounts. Dry milk can even be added to fresh milk in some recipes. Here are ways to use dry milk in your everyday cooking:

- BISCUITS, MUFFINS, CAKES, etc.      --Use 4 tablespoons and 1 cup of water for each cup of milk called for in the recipe.
- COOKED CEREALS                              --Add 1/4 to 1/2 cup to each cup of cereal before cooking.
- MEAT LOAF, HAMBURGERS, etc.          --Use 1/4 to 1/2 cup per pound.
- MASHED POTATOES                            --Mash, then add 1/4 cup of dry milk to each cup of potatoes. Use either the water potatoes were cooked in or fresh milk to give right consistency.

U. S. DEPARTMENT OF AGRICULTURE  
AGRICULTURAL MARKETING SERVICE

WHITE SAUCES And CREAM SOUPS

--Use 4 tablespoons with each cup of milk or other liquid.

CUSTARDS, PUDDINGS, BEVERAGES, etc.

--Use 4 to 6 tablespoons with 1 cup of water for each cup of milk called for in the recipe, or add 2 to 4 tablespoons to each cup of fresh milk.

QUICK BREAD MIX

6 cups sifted flour  
1 cup dry milk  
1/4 cup baking powder

2 teaspoons salt  
1/2 cup sugar  
3/4 cup fat (a kind that needs  
no refrigeration)

Sift dry ingredients together three times; cut or rub in fat until thoroughly mixed.

Lift mix lightly into glass jars or tin cans. Do not pack. Close tightly and store on shelf.

MUFFINS, using quick bread mix--To 1 cup of mix add 1/3 cup of water or fluid milk and 1 beaten egg. Fill greased muffin pans two-thirds full. Bake in hot oven (400° - 425° F.) about 20 minutes. Makes 5 small muffins.

WAFFLES, using quick bread mix--To 1 cup of mix add 3/4 cup of water or fluid milk and 1 beaten egg yolk. Fold in 1 beaten egg white. Bake in hot waffle iron. Makes 2 large waffles.

GRIDDLECAKES, using quick bread mix--To 1 cup of mix add 2/3 to 1 cup water or fluid milk and 1 beaten egg. Drop batter by spoonfuls onto a hot greased griddle. Cook slowly until surface is covered with bubbles, turn, and brown on bottom. Makes 7 medium-sized griddlecakes.

MEAT LOAF

2 pounds ground lean beef  
1/4 pound ground suet or  
salt pork  
1 egg, slightly beaten  
1 cup canned or cooked  
tomatoes (or thin tomato  
soup or catsup)

2 cups coarse dry crumbs  
2 tablespoons finely chopped  
onion  
1-1/2 teaspoons salt  
1/8 teaspoon dry mustard  
if desired  
1 cup dry milk

Put all ingredients into bowl in order given. Mix well. The mixture will be sticky. Shape into a loaf in a shallow pan.

Bake uncovered in a moderate oven (350° F.) about 1-1/2 hours.

Makes 8 servings.

## CREAM OF POTATO SOUP

2-1/2 cups cubed potatoes  
1 tablespoon chopped  
onion  
1-1/2 teaspoons salt  
1 cup dry milk

1 tablespoon flour  
4 cups liquid (cooking liquid from  
vegetables plus water  
or fluid milk)  
2 tablespoons table fat

Cover potatoes and onion with boiling water. Add salt and cook, covered until tender.

Drain and save cooking liquid.

Mash potatoes or put through a sieve.

Add dry milk and flour to liquid. Beat until smooth. Add fat.

Cook over low heat or boiling water until slightly thickened--about 15 minutes, stirring, as necessary, to prevent sticking and lumping.

Combine with potatoes and reheat.

Makes 6 servings.

## MACARONI, CHEESE, AND EGGS

1/2 cup macaroni, broken  
into pieces  
1-1/2 cups water or fluid  
milk  
2/3 cup dry milk  
1-1/2 tablespoons flour

1/2 teaspoon salt  
1-1/2 tablespoons fat  
1-1/2 cups grated cheese  
4 hard-cooked eggs, sliced  
Crumbs mixed with melted fat

Cook macaroni in boiling salted water until tender. Drain; discard cooking water.

Put the 1-1/2 cups water or fluid milk into a pan; add dry milk, flour, and salt. Beat until smooth.

Add fat and cook over very low heat or boiling water until thickened, stirring, as necessary, to prevent sticking and lumping.

Remove from heat and stir in the cheese.

Place macaroni in a greased baking dish, cover with the eggs, and add the cheese sauce. Sprinkle crumbs over top.

Brown in moderate oven (350° F.) about 20 minutes.

Makes 6 servings.

## BEVERAGES

### COCOA

	<u>For 1 serving</u>	<u>For 6 servings</u>
Cocoa .....	2 teaspoons	4 tablespoons
Sugar .....	1/2 tablespoon	3 tablespoons
Salt .....	Pinch	1/8 teaspoon
Water .....	1/4 cup	1 cup
Water or fluid milk .	1/2 cup	3 cups
Dry milk .....	3 tablespoons	1 cup
Vanilla .....	Few drops	1/2 teaspoon

Combine cocoa sugar, and salt. Stir in the smaller amount of water.

Boil several minutes, stirring constantly.

Remove from heat and add water or fluid milk and dry milk. Beat until smooth.

Heat thoroughly. Add vanilla.

### MOLASSES MILK

	<u>For 1 serving</u>	<u>For 6 servings</u>
Dry milk .....	1/4 cup	1-1/2 cups
Salt .....	Pinch	1/4 teaspoon
Water .....	1 cup	6 cups
Molasses .....	1 tablespoon	1/3 cup

Mix dry milk and salt; mix water with molasses. Add dry ingredients to liquid and beat, stir, or shake until smooth.

### SPICED MILK

	<u>For 1 serving</u>	<u>For 6 servings</u>
Dry milk .....	1/4 cup	1-1/2 cups
Cinnamon .....	1/8 teaspoon	1/2 teaspoon
Nutmeg .....	1/8 teaspoon	1/2 teaspoon
Sugar .....	1/2 teaspoon	1 tablespoon
Salt .....	Pinch	1/4 teaspoon
Water .....	1 cup	6 cups

Add dry ingredients to water and beat, stir, or shake until smooth.





