



Instant Nonfat Dry Milk Recipes — *Basic Use*

About Instant Nonfat Dry Milk

Instant Nonfat Dry Milk (INDM) is regular cow's milk that has had the water and fat removed. INDM still has all the calcium, protein, vitamins and minerals of fresh milk. Mountain Maid adds additional Vitamins A and D for even better nutrition. And INDM has no cholesterol!

Store INDM in its original package or an airtight glass container in a cool, dry place. It is recommended that INDM be used within 12 months from the time of manufacture. Mountain Maid INDM has a "Best If Used By" date on the package.

Comments or Questions?

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Recipes and reconstituted INDM can be adjusted to suit your tastes. Adding more INDM will give you a richer flavor, more like whole milk. Adding less INDM will give you a taste more like skim milk. Feel free to adjust our recipes however you like!

Any recipe calling for milk: simply add the INDM to the other dry ingredients. Sift to blend and then add water for the milk called for in the recipe.

Mashed potatoes: mash cooked potatoes, then add 1/4 cup INDM for each cup of potatoes. Use either the water the potatoes were cooked in or fresh milk to give the right consistency.

Cooked cereals: Add 1/4 to 1/2 cup dry milk to each cup of cereal before cooking.

Creamed soups, sauces and gravies: Mix 1-2 tablespoons dry milk with some of the liquid from the soup, sauce, of gravy and add to the larger quantity of soup, sauce or gravy.

Basic Use

How to make 1 quart of fluid milk:

Put 3-3/4 cups cold water in a container

Add 1-1/3 cups INDM

Mix thoroughly

Cover & chill for at least 4 hours before serving

Store in refrigerator and use within 3 to 5 days

How to make 1 cup of fluid milk:

Add 1/3 cup INDM to 1 cup water

Mix thoroughly

Cover & chill for at least 4 hours before serving

Evaporated Milk:

Whisk together 1/2 cup water with 1 cup plus 2 tablespoons INDM.

Sweetened Condensed Milk:

1 1/3 cup INDM
1/2 cup hot water
4 tablespoons butter or margarine
3/4 cup sugar

Pour water into blender, add INDM, and sugar. Blend. Add margarine and blend thoroughly. Chill for later use. 1 1/4 homemade mixture equals one can regular sweetened condensed milk.

Buttermilk:

Combine 1 tablespoon vinegar or lemon juice with 1/3 cup INDM and 1 cup water. Cover and let stand for 15 minutes at room temperature.

Milk Gravy

1 cup INDM
3 cups water
1 tablespoon margarine
3 heaping tablespoons flour
1/2 teaspoon salt
1/2 teaspoon pepper

Mix the water and INDM together. Add the flour, salt and pepper. Cook over medium heat until the gravy is thickened. Add the margarine and stir until smooth.

Biscuits

2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
1/3 cup INDM
1/2 cup shortening
3/4 cup water

Mix the flour, baking powder, salt and INDM.
Mash in the shortening with a fork until the mixture is crumbly.
Stir in the water a little at a time to make a dough that is soft, but not sticky.

Knead the dough gently on a lightly floured board or counter-top.
Roll or pat the dough to 1/2 or 3/4 inch thickness; cut it with a knife or a small glass that has been dipped in flour.

Place the biscuits about 1 inch apart on an ungreased baking sheet. Bake at 450 degrees for about 12 to 15 minutes or until they are golden brown.

For Cheese Biscuits - Add 1/3 to 1/2 cup grated cheddar cheese.

Whipped Topping

1/2 cup ice cold water
1/2 cup sugar
1/2 cup INDM
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.

Rich Hot Chocolate Mix

2 cups INDM
1/2 cup cocoa, unsweetened
1/4 teaspoon salt
1 cup sugar (or equivalent sugar substitute)

Mix all ingredients and store in airtight container. To make one cup of hot chocolate, mix 1/4 cup dry mix with 1 cup boiling water.

Swiss Mocha Mix

1 cup instant coffee
1 cup sugar
2 cups INDM
4 teaspoons cocoa powder

Stir ingredients together. Store in an airtight container. Use 2 teaspoons per cup of hot water.

Cocoa or Chocolate Milk Mix

1 cup cocoa
4 cups INDM
1/2 teaspoon salt

3/4 cup sugar (or equivalent sugar substitute)

Combine ingredients and store in a tightly covered container. To make one cup hot cocoa or chocolate milk use 1/2 cup mix and 1 cup water. Combine part of the water with mix and stir to make a smooth paste. Add remaining water and blend well. Heat to make hot cocoa or chill to make chocolate milk.

Banana Milk

1 cup water
1/4 cup INDM
2 ripe bananas, mashed
1 cup fluid milk

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

Spice Milk

2 cups INDM
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1 tablespoon sugar
1/4 teaspoon salt
1-1/2 quarts fluid milk

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