

Cooking with Nonfat Dry Milk



Instant nonfat dry milk is milk that has had the water and most of the fat removed.

Nonfat dry milk is low in calories and fat but high in calcium. Calcium is needed for healthy bones and teeth. Other nutrients in nonfat dry milk include protein and vitamins A and D.

How to store it

Store dry milk in its original package in a cool, dry place. Use it within 6 months for best quality.

After the dry milk has been mixed with water, refrigerate it. Use it within 3 to 5 days.

Nonfat dry milk

To make

- 1 cup skim milk
- 2 cups skim milk
- 4 cups skim milk

Mix

- $\frac{1}{3}$ cup nonfat dry milk + 1 cup water
- $\frac{2}{3}$ cup nonfat dry milk + 2 cups water
- $1\frac{1}{3}$ cups nonfat dry milk + 4 cups water

Tip: When using dry milk as a beverage, mix and refrigerate it several hours before you drink it.

Biscuits (makes 8 to 12 biscuits)

What you need

- 2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- $\frac{1}{3}$ cup dry milk
- $\frac{1}{3}$ cup shortening
- $\frac{3}{4}$ cup water

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Mix the flour, baking powder, salt and dry milk.
3. Mash in the shortening with a fork until the mixture is crumbly.
4. Stir in the water a little at a time to make a dough that is soft but not sticky.
5. Knead the dough gently on a lightly floured board.
6. Roll or pat the dough to $\frac{1}{2}$ or $\frac{3}{4}$ inch thickness; cut it with a knife or a small glass that has been dipped in flour.
7. Place the biscuits about 1 inch apart on an ungreased baking sheet; bake at 450 degrees F for about 12 to 15 minutes or until they are golden brown.

How do you knead dough?

First, sprinkle a clean counter top or cutting board with flour. Place the dough onto the floured area. Use your hands to shape the dough into a ball. Fold the edges of the dough into the center of the ball. Then push the dough down and away with the heels of your hands. Turn the dough slightly and repeat until the dough has been kneaded 10 times.

Note: For extra flavor, add $\frac{1}{3}$ to $\frac{1}{2}$ cup of grated cheddar cheese.

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