

Powdered Milk moves beyond food storage and camping kits to become a pantry staple for everyday cooking!

**Yogurt**  
**Mozzarella Cheese**  
**Scalloped Potato Soup**  
**Chicken Lik-Dop**  
**Yogurt Streusel Coffee Cake**  
**And more!**

*Yum!*

More recipes and tips  
at [101yum.com](http://101yum.com)

\$9.99 U.S.  
Cookbook

ISBN 978-1-4236-3287-0



9 781423 632870

101 THINGS TO DO WITH POWDERED MILK

CARLISLE



# 101 Things<sup>®</sup> To Do With Powdered Milk

BY  
DARLENE  
CARLISLE



# CONTENTS

---



## Helpful Hints 9

### Yogurt, Milks, Creams & Cheeses

*Powdered Milk Yogurt 12 • Powdered Milk Yogurt Sour Cream 13 • Powdered Milk Yogurt Cream Cheese 14 • Powdered Milk Buttermilk 15 • Quick Powdered Milk Buttermilk or Sour Milk 16 • Powdered Milk Evaporated Milk 17 • Powdered Milk Sweetened Condensed Milk 18 • Easy Powdered Milk Whipped Topping 19 • Powdered Milk Whipped Topping 20 • Powdered Milk Cottage Cheese 21 • Powdered Milk Baker's Cheese 22 • Powdered Milk Sour Cream 23 • Powdered Milk Day Cheese 24 • Powdered Milk Mozzarella Cheese 25*

### Favorite Drinks

*Banana Milk 28 • Spice Milk 29 • Grape Milk 30 • Cocoa Chocolate Milk Mix 31 • Banana Nut Smoothie 32 • Health Smoothie 33 • Strawberry Banana Yogurt Smoothie 34 • Brazilian Lemonade 35*

### Breads

*1 Hour Bread 38 • Cornbread 39 • Almond Bread 40 • Dinner Rolls 41 • Scones 42 • Baking Powder Biscuits 43 • Homemade Biscuit Mix 44 • Waffles 46 • Nut and Grain Pancakes 47 • Oatmeal Pancakes 48 • German Puffy Pancakes 49 • French Breakfast Puffs 50*

### Dips & Spreads

*Curried Yogurt Dip 52 • Cucumber Dill Dip or Sauce 53 • Spinach Artichoke Dip 54 • Layered Mexican Dip 55 • Salmon Cheese Spread 56 • Shrimp Spread 57 • Fresh Cheese with Chives 58 • Cinnamon Spread 59 • Cheese Ball 60 • Buttermilk Maple Syrup 61*

### Sauces, Soups & Salads

*Allemande Sauce 64 • Alfredo Sauce 65 • Thin, Medium, and Thick White Sauce 66 • Creamed Eggs 68 • Black Bean Soup 69 • Rich Potato Soup 70 • Scalloped Potato Soup 71 • Broccoli-Cheddar Soup 72 • Corn Chowder 73 • Shrimp and Clam Chowder 74 • Apple Salad 75 • Cranberry Waldorf Salad 76*

### Main Dishes

*Stroganoff 78 • Easy Taco Pie 79 • Beefy Enchiladas 80 • Chicken Enchiladas 81 • Baked Chicken Taquitos 82 • Quick Chicken Alfredo 83 • Three-Cheese Chicken Lasagna 84 • Chicken Pot Pie 85 • Chicken Lik-Dop 86 • Lasagna 87 • Faux Fettuccine 88 • Cheesy Meatball Skillet 89 • Tuna Crunch Pie 90 • Garden-Stuffed Baked Potatoes 91 • Hash-brown Sausage Bake 92 • Breakfast Omelet Casserole 93 • Quiche a la Lorraine 94*

### Desserts & Treats

*Crepes 96 • Baked Cheesecake 97 • Easy Cheesecake 98 • Yogurt Streusel Coffee Cake 99 • Lemon Yogurt Cake 100 • Cream Cheese Frosting 101 • Basic Cookie Mix 102 • Oatmeal Cookies 103 • Peanut Butter Cookies 104 • Lemon Drop Cookies 105 • Cinnamon Cookies 106 • Pecan Tassies 107 • Rocky Road Cornflake Cookies 108 • Fruit Supreme Pie 109 • Pudding and Pie Filling 110 • Bread Pudding 112 • Rice Pudding 113 • Apple Kuchen 114 • Frozen Yogurt 115 • Lemon Frozen Yogurt 116 • Caramel 117 • Licorice Caramels 118 • Fudge Kisses 119 • Peanut Butter Fudge 120 • Peanut Butter Sesame Balls 121 • Peanut Butter Chews 122 • Tootsie Rolls 123 • Honey Mints 124*

## POWDERED MILK YOGURT

---

7 cups **warm water**, divided  
2½ cups **powdered milk**  
1 package **Knox unflavored gelatin**,  
optional\*  
½ cup or 1 container (6 ounces) **plain yogurt\*\***

Pour 3 cups water into a blender, turn on low, and add the remaining ingredients. Blend just until mixed. Add the remaining water and stir. Pour into a yogurt maker. Process for 4–6 hours or until set (do not go over 12 hours). When it is set (coagulated), refrigerate. It will continue to thicken. Makes 2 quarts.

\*The gelatin helps it set up faster and firmer.

\*\*You can use yogurt enzymes purchased from your local health food store.

NOTE: I recommend using a yogurt maker, but if you want to do it without one, pour into pint jars, put lids on, and place jars into a pan or cooler. Fill with hot water to the neck of the jar. Water should be and stay at the temperature range of 105–115 degrees. Place on a hot pad, wrap in towels, or set in the sun.

## POWDERED MILK YOGURT SOUR CREAM

---

7 cups **warm water**, divided  
3¾ cups **powdered milk**  
1 package **Knox unflavored gelatin**,  
optional\*  
½ cup or 1 container (6 ounces) **plain yogurt\*\***

Pour 3 cups water into a blender, turn on low, and add the remaining ingredients. Blend just until mixed. Add the remaining water and stir. Pour into a yogurt maker. Process for 4–6 hours or until set (do not go over 12 hours). When it is set (coagulated), refrigerate. It will continue to thicken. Makes 2 quarts.

\*The gelatin helps it set up faster and firmer.

\*\*You can use yogurt enzymes purchased from your local health food store.

NOTE: I recommend using a yogurt maker, but if you want to do it without one, pour into pint jars, put lids on, and place jars into a pan or cooler. Fill with hot water to the neck of the jar. Water should be and stay at the temperature range of 105–115 degrees. Place on a hot pad, wrap in towels, or set in the sun.

# HOMEMADE BISCUIT MIX

10 cups **flour**  
1/3 cup **baking powder**  
1/4 cup **sugar**  
4 teaspoons **salt**  
2 cups **powdered milk**  
2 cups **shortening**

In a large bowl, combine dry ingredients. Cut in the shortening until the mixture resembles coarse crumbs. Store in an airtight container at room temperature. It will store for several weeks. Use in all sorts of recipes, just like you would use Bisquick. Makes 14 cups.

NOTE: Recipe courtesy of Tracey Lou Mullen.

## BISCUITS

2 cups **Homemade Biscuit Mix**  
1/2 cup **water**

Preheat oven to 450 degrees.

In a medium bowl, stir biscuit mix and water together with a fork just until dough is moistened and forms a ball. Turn dough out onto a lightly floured surface and knead 10 times. Roll out to 1/2–1 inch thickness and cut with biscuit or cookie cutter. Place on a baking sheet that has been prepared with nonstick cooking spray and bake for 10 minutes or until golden brown. Makes 8 biscuits.

## PANCAKES

2 **eggs**  
1 cup **water**  
2 cups **Homemade Biscuit Mix**

Heat an electric griddle to 350 degrees. Prepare griddle with nonstick cooking spray.

Place all ingredients in a medium bowl and whisk together until smooth. Pour 1/4 cup batter per pancake evenly onto hot griddle. Cook for 1–2 minutes on each side until golden brown. Makes 12 (4-inch) pancakes.

## MUFFINS

3 cups **Homemade Biscuit Mix**  
3 tablespoons **sugar**  
1 **egg, beaten**  
1 cup **water**

Preheat oven to 400 degrees.

In a large bowl, combine the biscuit mix and sugar. Add the egg and water and stir just until moistened and slightly lumpy. Line a muffin pan with paper liners or prepare with nonstick cooking spray and fill each cup 2/3 full. Bake for 20 minutes. Makes 12 muffins.

# THREE-CHEESE CHICKEN LASAGNA

1/2 cup	<b>chopped onion</b>
3 tablespoons	<b>butter</b>
1 can (10.5 ounces)	<b>condensed cream of chicken soup</b>
1/3 cup	<b>prepared Powdered Milk</b> (1/3 cup water plus 1 tablespoon powdered milk)
1 1/2 cups	<b>Powdered Milk Cottage Cheese</b> (page 21)
1/2 cup	<b>grated Monterey Jack cheese</b>
1/2 teaspoon	<b>sweet basil</b>
3 cups	<b>cubed cooked chicken</b>
2 cups	<b>grated cheddar cheese</b>
1 package (8 ounces)	<b>lasagna noodles</b> , cooked

Preheat oven to 350 degrees.

In a large frying pan, saute onion in butter until translucent. Mix in remaining ingredients except cheddar cheese and noodles.

Place 1/2 of the noodles in the bottom of a 9 x 13-inch pan and layer 1/2 of the chicken mixture and 1/2 of the cheddar cheese over noodles. Repeat layer. Cover and bake for 45 minutes. Let set for 5–10 minutes before cutting and serving. Makes 12–16 servings.

NOTE: Recipe courtesy of Tracey Lou Mullen.

# CHICKEN POT PIE

2 cups	<b>chicken broth</b> , divided
1/2 to 1 cup	<b>chopped onion</b>
1 1/2 to 2 cups	<b>diced potatoes</b>
2 cups	<b>assorted fresh or frozen vegetables</b> , of choice (carrots, peas, squash, mushrooms, celery, bell peppers, or corn)
1/4 teaspoon	<b>thyme</b> , or to taste
1 cup	<b>water</b>
1/4 cup	<b>cornstarch</b>
3 tablespoons	<b>powdered milk</b>
1 teaspoon	<b>Dijon mustard</b>
2 cups	<b>diced cooked chicken or turkey</b>
	<b>salt and pepper</b> , to taste
1 (9-inch)	<b>premade pie crust or Jiffy or Bisquick crust</b>

Preheat oven to 400 degrees.

In a large saucepan, bring 1 cup broth to boil and add onion. Cook 3 minutes and add remaining broth, vegetables, and thyme. Cook until vegetables are tender.

Pour water in a blender, turn on low, and add the cornstarch, powdered milk, and mustard. Mix until blended, add to the vegetables, and cook 5 minutes. Add chicken, salt, and pepper. Pour mixture into a deep 9-inch casserole dish or pie plate. Cover with uncooked pie crust or Jiffy or Bisquick crust (2 cups mix, 1/2 cup milk, mix and roll out). Cut slits in the top to vent and bake for 20 minutes, or until crust starts to turn golden brown. Makes 4–6 servings.

NOTE: Recipe courtesy of Amy Newby.

## LICORICE CARAMELS

---

1 1/3 cup	<b>Powdered Milk Sweetened Condensed Milk</b> (page 18)
1 cup	<b>butter</b>
1 1/2 cups	<b>corn syrup</b>
2 cups	<b>sugar</b>
1/4 teaspoon	<b>salt</b>
1 tablespoon	<b>black food color paste</b>
1 bottle (.125 ounces)	<b>licorice oil</b>
1 bottle (.125 ounces)	<b>anise oil</b>

Combine condensed milk, butter, syrup, sugar, and salt in a large saucepan. Using a candy thermometer, cook and stir to 234 degrees or soft ball stage where a soft strand forms when you drizzle some caramel into a cup of cold water. Remove from heat and add food color paste and oils. Mix well. Pour into buttered 9 x 13-inch pan. Cool, then cut into 1-inch squares, and wrap in waxed paper. Makes approximately 120 pieces of candy.

## FUDGE KISSES

---

1/2 cup	<b>butter</b> , softened
1/3 cup	<b>Powdered Milk Baker's Cheese</b> (page 22) or <b>Powdered Milk Yogurt Cream Cheese</b> (page 14)
1/3 cup	<b>cocoa powder</b>
1 pound	<b>powdered sugar</b>
1/2 teaspoon	<b>vanilla</b>

Combine all ingredients in a large bowl and mix well until color is consistent. Press mixture into a small funnel to shape into individual candies then wrap in aluminum foil or plastic wrap. You can add a small streamer with a message on it in the top of the wrap, if desired. Makes 12–24 candies.

**VARIATION:** You can add an almond in the center of each candy when you are forming the kisses.