

# Food Storage Digest



July 2005

## FYI

### Cannery Location

4400 Presidential Ave. NE  
(See map on back.)

### Cannery Phone

343-1905

### Ward Canning Specialists

David & April Thomas 299-1537

### Regional

Butch & LuJean Hess 296-8157

### Regional Assistants

Gordon and Evelyn Baker 296-2099  
(See back for canning times.)

## Spiritual Thought

### Prepare for Times of Need

"Be prepared in all things against the day when tribulations and desolations are sent forth upon the wicked."  
**(D&C 29:8)**

### Those Who Faithfully Follow the Counsel Will Be Blessed

"The Lord has warned us of famines, but the righteous will have listened to prophets and stored at least a year's supply of survival food." (Ezra Taft Benson, Ensign, Jan. 1974)

"Those families will be fortunate who, in the last days, have an adequate supply of food because of their foresight and ability to produce their own." (Ezra Taft Benson, Ensign, Nov. 1980)



## Storage Ideas

### More Information and Ideas on Powdered Milk and How to Use It

*(Information & recipes contributed by Sharon Bishop)*

NOW is the time to store and use the high protein, nutritional equivalent of that rich, cold drink we love. Powdered milk can be used and enjoyed on a daily basis in many ways, including our beverage. Our families will be one giant step closer to being able to happily live off our storage as we use our powdered milk.

Reconstituted powdered milk has almost all the nutrients of fresh milk. The heat process used in drying milk destroys some vitamins, particularly A and D. These can be easily obtained from other stored items such as dried apricots and other dark red and green vegetables.

Choose regular non-instant milk for storage. It keeps in proper storage containers from 5 to 7 years, as opposed to instant powdered milk, which keeps only 2 to 4 years. In addition, the drying process for non-instant results in higher vitamin content than instant dry milk. For best taste and quality, rotate your supply of powdered milk every year.

Do not store powdered milk in its heavy packaging sacks for long periods. Transfer the milk to an air-tight container which allows no light. It should be kept in a cool, dry place. Temperature should be kept at a moderate range, between 40 and 70°F. High temperatures may cause flavor changes. Vacuum-packed powdered milk stores longest, however, you pay for packaging.

You should store 100 pounds of powdered milk (non-instant) per person for a one year's supply.

Powdered milk can be used in all cooking and most dairy products can be made from it. Mix powdered milk with other dry ingredients in recipes calling for milk. Water is added along with other liquids.

## FROZEN TREATS FOR SUMMER!



### CHOCOLATE PUDDING POPSICLES



Recipe #1 [using cannery chocolate pudding]: Make cannery chocolate pudding according to directions. Spoon into paper cups or desired mold. Place a popsicle stick in middle and let freeze at least two hours

Recipe #2 [using powdered milk]: Pour 3 cups reconstituted milk into bowl. Add 2 Tbsp. sugar and a 4 ounce package of instant chocolate pudding. Beat until well mixed. Freeze into paper cups, or other molds, with stick. More sugar may be added to taste.

### FROZEN YOGURT

3 oz. flavored jello  
3 cups yogurt\*  
1 cup boiling water  
2 eggs  
1/2 cup sugar



Dissolve and cool sugar, jello and water. Beat eggs until thick. Slowly add gelatin mixture and yogurt to eggs, mixing continuously. Pour into 11"x7" glass dish. Freeze 1 hour. Beat 30 seconds. Freeze again, 1 to 2 hours. Best when soft frozen. Yield: 1 quart.

### YOGURT POPSICLES

1 pint yogurt\*  
2 tsp. vanilla  
1 six oz. can frozen orange juice



Stir together. Freeze as desired.

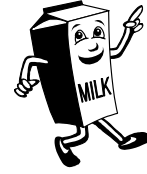
\*See recipe for yogurt made from powdered milk (on last page).

## RECONSTITUTING POWDERED MILK

Follow the proportions listed here for reconstituting powdered milk, being sure to note whether using instant or non-instant, as amounts vary greatly.

### Instant

1a cups milk powder + 1 quart water YIELDS 1 quart milk.  
Sprinkle milk powder on top of water and beat, mix or shake.



### Non-Instant

(1 pound non-instant powder yields approximately 5 quarts liquid milk)  
¾ cup milk powder + 1 quart water YIELDS 1 quart milk.  
¾ Tbsp. milk powder + 1 cup water YIELDS 1 cup milk.

Note: The proportion of milk powder to water can be varied according to taste preference. Start out with these various suggestions, and adapt as desired.

### Several methods can be used to mix non-instant milk.

These methods require skimming of excess foam from milk.

#1 Put 1½ cups cold water in blender and turn it on. While blending, slowly add 1a cups milk powder. Pour into 2 quart pitcher and fill with cold water. Refrigerate.

#2 Blend milk into water with hand mixer, wire whip or egg beater.

You'll be surprised what a small amount of fresh milk added to reconstituted powdered milk produces a "straight from the cow" flavor. Start with half whole milk and half powdered, gradually reducing whole milk. Your family will never notice the difference! Always serve reconstituted milk COLD!

## CHEESE MAKING WITH POWDERED MILK

This is a creative way to way to make use of your powdered milk. Making cheese requires extra work but you may find it worthwhile to experiment so you know how to do it. An episode of the BYU Television series, "Living Essentials", (titled "Creative Uses of Dried Foods") featured a cheese making segment. For further information and recipes go to their web site, "<http://byubroadcasting.org/livingessentials/>". Here's a simple cottage cheese recipe.



### COTTAGE CHEESE

1 gallon reconstituted milk in glass jar  
Add either...  
6 Tbsp. lemon juice  
OR  
1/2 rennet tablet (small curd)  
OR  
1 rennet tablet (large curds)



#### Steps:

#1. Bring milk to room temperature. Add lemon juice and stir (or add rennet). Let stand in warm place until clabbered. DO NOT MOVE. Allow about 24 to 36 hours.

#2 When much of whey has risen to top and curd has settled to bottom, milk is ready. Cut curd into 1" squares.

#3. Place in pan of warm water. Heat to 115°F (accurate temperature is important). Using a double boiler works well. Hold at this temperature for 30 minutes, stirring occasionally and gently to evenly distribute heat. Curds will settle to bottom.

#4. Line a collander with cheese cloth or nylon net. Place collander in bowl to catch the whey. (Whey is very nutritious. Save and use as liquid as desired.) Gently pour curds and whey into collander. Allow to completely drain.

#5. Rinse curds with cold water to minimize the acid flavor.

#6. Mix with milk or sweet cream and salt to taste. Yields: about 1½ pounds of cottage cheese.

*\*Rennet is an enzyme which acts on protein and causes the cheese to coagulate. There are two sources of the rennet enzyme: vegetable based rennet and animal rennet that is extracted from the fourth stomach of calves. Vegetable rennet has the same coagulating ability as animal rennet when used in milk that has been ripened by cheese starter bacteria. Rennet is available in tablet or liquid form and must be diluted by adding purified or distilled water before adding to the milk. Rennet must also be refrigerated. One tablet of rennet equals ½ teaspoon liquid rennet.*

# More Recipes



## BASIC YOGURT

3 cups milk powder  
1 cup plain yogurt (pure)  
1 gallon warm water (100°F)



Mix water and milk. Whisk in the yogurt using a 1 gallon jar. Heat oven to lowest setting. Turn off. Place container in oven. Let rest for 5 hours. Yields: 1 gallon yogurt.

This basic yogurt can be used in many recipes, with breads, pancakes, frozen yogurts and smoothies.

## Lemon Yogurt Pie

Graham cracker crust for one 8-inch pie plate

1 pkg (3 oz.) lemon gelatin

1 cup boiling water

1 cup lemon yogurt

3 cup cold water



Reserve 1 Tbsp. graham cracker mixture for topping. Press remaining mixture into pie plate. Refrigerate at least 15 minutes. Meanwhile, dissolve lemon gelatin in boiling water, then add cold water. Chill until thick, not solid. Add yogurt and beat with rotary beater until thoroughly blended. (If thin still, chill.) Spoon into crust. Sprinkle on topping. Chill until firm.

## SWEETENED CONDENSED MILK

1 cup plus 2 Tbsp. milk powder

½ cup warm water

1 cup sugar

Dissolve sugar in water by warming on stove. Cool. Add milk. Mix or blend until smooth.

## SOUR CREAM

Yogurt replaces sour cream in most recipes. Great for base for chip dip. Drain off whey and season as desired.

## HONEY MILK BALLS

¼ cup honey

½ cup milk powder

¼ cup peanut butter

½ cup crushed cereal flakes



Mix honey and peanut butter. Gradually add milk, mixing well. Chill for easier handling. Form into balls with greased hands. Roll in cereal flakes. Chill until firm. Options: Add coconut, raisins. Use for stuffing celery, spreading on toast, etc.



## Farewell to the Bakers



After many years in the ward, our regional canning assistants, Gordon and Evelyn Baker, are moving to North Carolina. They plan to leave early in August. Please join us in thanking the Bakers for all their help, especially for their dedication and assistance with our ward canning sessions.

The Bakers have offered many years of service and friendship in this ward and we will miss them. We wish them all the best in their new home and ward!



## Water Storage Barrels Available - \$20 apiece

The Bakers have three plastic 55 gallon water storage barrels they would like to sell before they move. If you are interested, please give them a call at 296-2099.

## BOOK REVIEW



"Emergency Food Storage in a Nutshell"  
by Leslie Probert and Lisa Harkness



This book keeps gathering and using food storage SIMPLE and DO-ABLE! Easy-to-use charts help you plan basic food storage in 15-20 minutes. Buying tips help you make informed purchases. Simplified shelf-life and water storage information, from foremost U.S. experts, gives you the bottom line on these issues. Fast and delicious family-tested recipes made with only stored food help you rotate what you're storing. The book contains over two months of main dish recipes using dried beans and a variety of canned meats. With good recipes, eat food storage meals just 2 days per week and rotate an entire year's supply of food in just 3½ years! Includes expert information on how to safely store and use fuel. Save fuel with an applebox reflector oven and haybox cooking. Makes storing food inexpensive, space efficient, nutritious and delicious. Available at Deseret Book online for \$18.95. I have really enjoyed using this book!