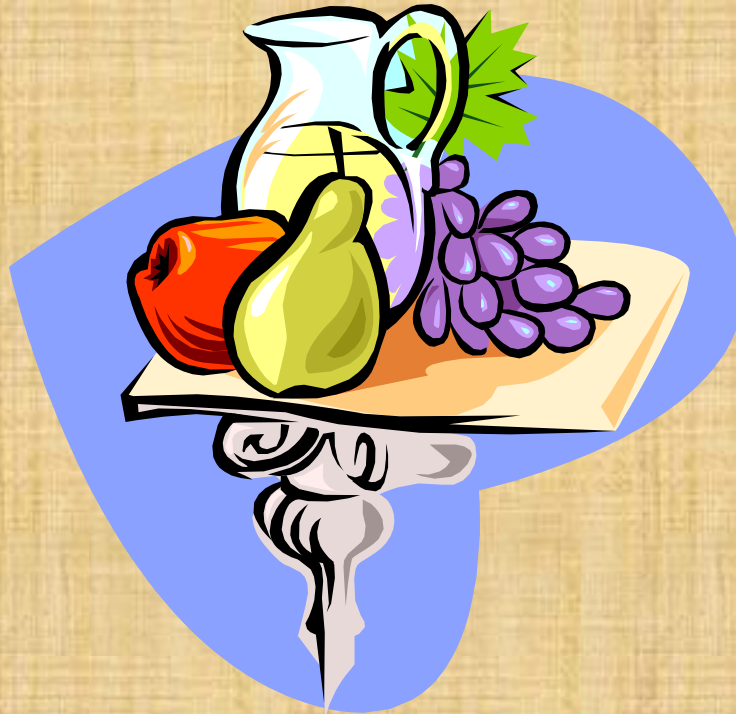


# Eat What you Store, Store What you Eat

Substitutions

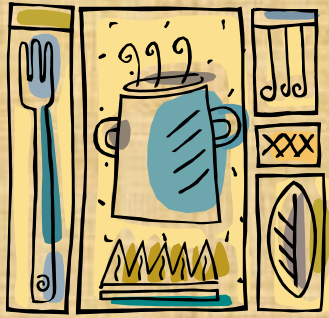
Denise Magneson



# Substitutions in Cooking

- A replacement for an item you
  - Don't have
  - Want to conserve
- E.g. milk, fruit, meat, sour cream cheese, spices
  - Almost anything





# Why Substitutions?

- When you run out of staples you will need to use substitutions
- Get your family used to your food storage items now, before you need to use them
- Become familiar with cooking with your food storage
  - Become familiar with the taste
- Use what you've got before it goes bad

# Eggs



# Egg Substitutions

- You can't always substitute powdered eggs for fresh eggs
- But you can use the powdered eggs in cooking and never know the difference



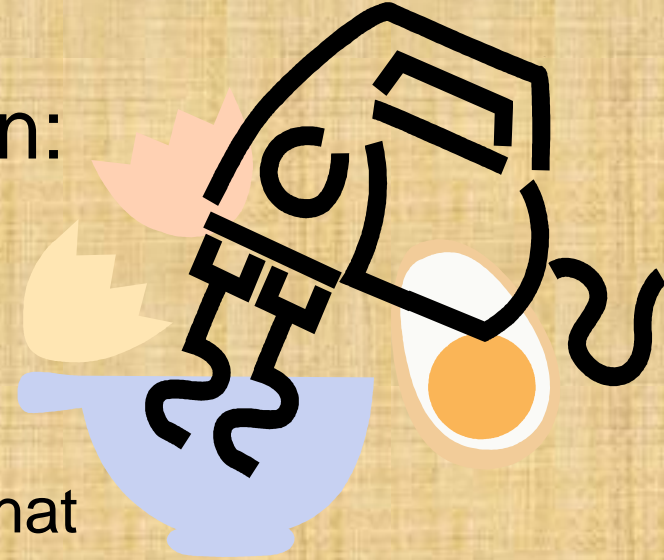
# Egg Substitutions (cont.)

- Using powdered eggs for scrambled eggs can take some getting used to, so practice and play with it.
- To begin with try substituting  $\frac{1}{4}$  powdered eggs and  $\frac{3}{4}$  fresh eggs, then slowly increase the powdered eggs.



# Egg Substitutions (cont.)

- Powdered eggs work great in:
  - Cakes
  - Scrambled eggs
  - Omelets
  - Any egg-based breakfast dish that doesn't require boiled, poached or fried eggs
  - any other baking that calls for eggs.
- Of course, experiment before using this on special guests!



# Egg Substitutions (cont.)

- Most recipes call for 2 eggs, so buy a 2T. or 1/8 cup measuring cup to quickly measure enough powdered eggs for the recipe.
  - This type of scoop is sometimes called a coffee scoop.
- 1 medium egg = **1 T. dry powdered eggs**  
+ 2 T. water X 2 = **2T. Powdered eggs**



# Milk



# Powdered Milk



- Powdered milk is one of the easiest substitutions to make. It's fast and easy to make and even tastes good these days.
- All powdered milk is non-fat because fat eventually turns rancid, so in order to make powdered milk have a long term shelf life, all fat is removed before it is dehydrated.

# Powdered Milk (cont.)

- Instant VS Non- Instant Powdered Milk:  
The main difference between the two is how long it takes to dissolve the powder in water. Dry instant powdered milk is light and fluffy; it dissolves in cold water quickly. While non-instant powdered milk is denser and must be dissolved in warm water. It also requires more stirring.



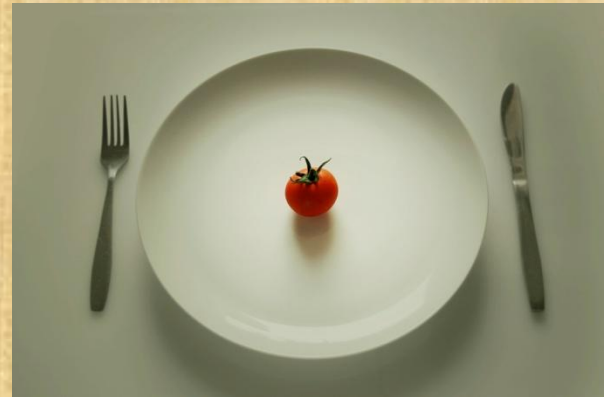
# Powdered Milk (cont.)

- Non-instant milk takes up less space than instant which is why you'll find non-instant at Church canneries.
- If you use instant milk as a substitution in recipes that call for non-instant, you should double the amount of instant milk used.



# Powdered Milk (cont.)

- To make powdered milk taste better
- Always server it ice cold if possible
- Add 1 tsp. of vanilla per 2 quarts – delicious!
  - Be careful when you cook with powdered milk that you've added vanilla to, it changes the flavor of what you're cooking! 😊





## Powdered Milk (cont.)

- There's no need to mix the dry powdered milk and water before adding them to the other ingredients. Instead add the dry powdered milk to the dry items, then the water to the wet.
- Powdered milk does not need to be scalded.
- Use the Milk Conversion Chart to figure out how much powdered milk to substitute for fresh milk, instead of making a quart and wasting what you're not using in the recipe.

# Sweetened Condensed Milk

- Sweetened condensed milk was created during the Civil War so that soldiers could have milk that wouldn't turn rancid during long campaigns where fresh milk was not available.
- Made from regular milk with water removed and sugar added to prevent bacteria from growing.



# Sweetened Condensed Milk (cont.)



- Can be made from powdered milk
  - MUCH cheaper than cans
  - To buy: \$3/can
  - To make: 75 cents
- Use in any recipe calling for canned sweetened condensed milk

# Evaporated Milk

- Evaporated milk was created during the Great Depression as a cheaper, more storable version of cream. It is made from whole milk
- Evaporated milk does not store as long as dry powdered milk
- Homogenized milk with 60% of the water removed
- Used to make desserts!



# Honey



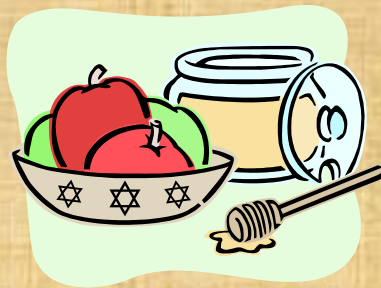
# Honey (cont.)

- Properly refined honey will keep indefinitely if stored in containers with tight-fitting lids at room temperature in a cool, dark, and dry place.



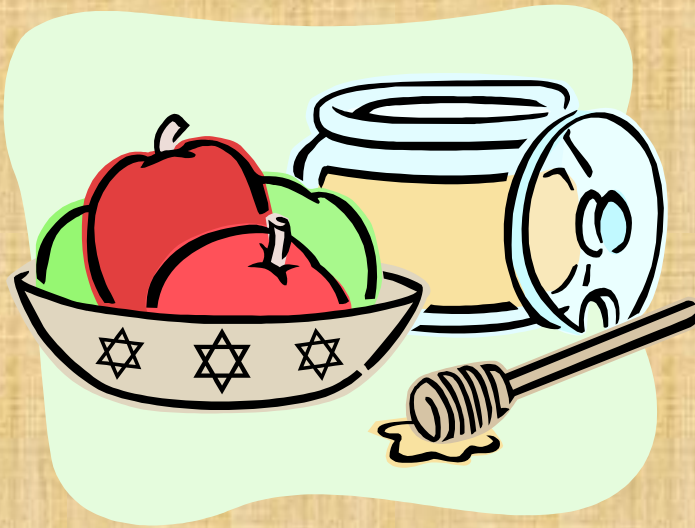
# Honey (cont.)

- Honey will crystallize and darken with age and if exposed to heat.
- To de- crystallize honey after extended storage; put the container in a shallow pan of hot water to melt the crystals. Do not boil. Left uncovered, honey will absorb other odors and moisture which could change its flavor and storage life.



# Honey (cont.)

- Honey is two times sweeter than sugar. So, when substituting honey for sugar, in most recipes, only half as much honey is needed.



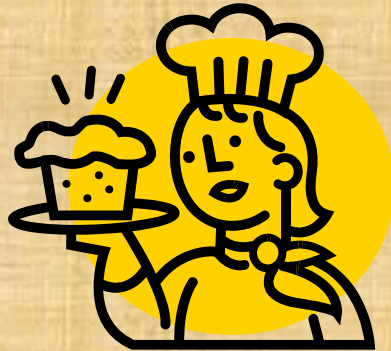
# Honey (cont.)

- When baking with honey as a substitute for sugar, reduce the liquid called for in the recipe by 1/4 cup for every cup of honey used to replace the sugar.
- Bake items at a 25 degree lower temperature when using honey.



# Honey (cont.)

- Mix honey with the liquid ingredients of your recipe to make sure it is well distributed.
- Wet or spray your measuring utensils first to make measuring honey less messy, or measure out the oil in a recipe first and then use the same cup to measure out the honey.



# Honey (cont.)

- Brown sugar can be made from honey by adding molasses. Add two tablespoons of molasses to every 1/2 cup of honey or fructose.





## Honey (cont.)

- Honey can be substituted for sugar measure-for-measure in the following items: baked apples, baked ham, candied vegetables, dressings, glazes, pie fillings, puddings, custards, punch drinks, and, sweet n' sour dishes.