

**NONFAT DRY MILK  
RECONSTITUTION CHART FOR COOKING**

<b>Nonfat Dry Milk (Conventional)</b>	<b>+</b>	<b>Water</b>	<b>=</b>	<b>Fluid Skim Milk</b>
1-2/3 tbsp		1/2 cup		1/2 cup
3 tbsp		1 cup		1 cup
1-2/3 oz (6 tbsp)		1-7/8 cups		2 cups
3-1/4 oz (3/4 cup)		3-3/4 cups		1 qt
5 oz (1-1/8 cups)		5-3/4 cups		1-1/2 qt
6-1/2 oz (1-1/2 cups)		7-1/2 cups		2 qt
8 oz (1-7/8 cups)		9-1/2 cups		2-1/2 qt
10 oz (2-1/4 cups)		11-1/2 cups		3 qt
11-1/4 oz (2-2/3 cups)		3-1/3 qt		3-1/2 qt
13 oz (3 cups)		3-3/4 qt		1 gal
1 lb 10 oz (1-1/2 qt)		1-7/8 gal		2 gal
2 lb 7 oz (2-1/4 qt)		2-7/8 gal		3 gal
4 lb 2 oz (3-3/4 qt)		4-3/4 gal		5 gal
5 lb 2 oz (4-3/4 qt)		6 gal		6-1/4 gal

- NOTE:
1. Recipes in this file use conventional nonfat dry milk.
  2. Instant nonfat dry milk may be substituted on a pound for pound basis for the nonfat dry milk specified in any recipe. It should be weighed because the measures for instant nonfat dry milk are different from measures for nonfat dry milk (conventional). Nonfat dry milk, instant settles. If instant milk must be measured, follow directions on the container.
  3. For best results, nonfat dry milk should be weighed instead of measured. Measures vary from one manufacturer to another. However, as a general rule, 1 ounce of nonfat dry milk will measure  $3\frac{2}{3}$  tablespoons, and  $4\frac{1}{2}$  ounces of nonfat dry milk will measure 1 cup.
  4. Dry milk must be reconstituted in clean containers using clean utensils and must be treated like fresh milk after it is reconstituted. It must be refrigerated and protected from contamination.
  5. Dry milk reconstitutes more easily in warm water. It should be stirred into the water with a circular motion using a whip or slotted spoon. It may also be reconstituted in a mixer if a large quantity is being prepared. However, it should be mixed at low speed to prevent excessive foaming.
  6. If nonfat dry milk is to be used for a beverage, it should be weighed using 1 lb dry milk and  $3\frac{3}{4}$  qt water per gallon. Chill thoroughly before serving. For 100 portions (8 oz), use 6 lb 4 oz nonfat dry milk and  $23\frac{1}{2}$  qt water.