



Baking 101 Video Script- Carnation® Evaporated Milk

For over a century, Americans have relied on Carnation Evaporated Milk as a convenient, nutritious ingredient to make family meals even more delicious. Today I'll share all the basics of this beloved kitchen staple, which has become known as The Cooking Milk™.

We at Carnation make many types of milk, and all of them are shelf-stable, so they don't need refrigeration...it's easy to have them on hand at all times.

Sweetened Condensed Milk is fresh milk that has half the water removed and then sugar added. This thickened sweet milk is used in desserts and sweet beverages.

Instant Nonfat Dry Milk is fresh milk that has been dried and granulated. Beyond a substitute for drinking milk, it's an easy way to add calcium to beverages and other recipes as well as improve the texture of breads, rolls and other baked goods.

Carnation Evaporated Milk is my favorite of all the Carnation milks to keep on hand because it is so versatile. I use it for sweet holiday desserts like pumpkin pie and chocolate fudge, as well as savory everyday meals like my chicken casserole and creamy mashed potatoes.

But what exactly is evaporated milk?

Evaporated milk is fresh milk which is gently heated to remove about half the water. This "evaporation process" concentrates the milk, making it rich and creamy with just a touch of golden color. There is no sugar added so you can easily use Carnation Evaporated Milk to replace drinking milk to make all your dishes richer, creamier and more full-flavored.

Cooking with Carnation

The best part about Carnation Evaporated Milk is that it is easy to use. Simply give the can a shake, open the can, and pour out the amount of milk your recipe calls for.

When the recipe calls for one cup of milk, I just use one cup of evaporated milk instead. There is no need to add water.

Carnation comes in two convenient sizes: 12oz cans and 5oz cans.

But when recipes call for only a portion of the can, simply cover the can or transfer to a re-sealable container, and store in the refrigerator.

Nutritional Benefits

This little can of Carnation Evaporated Milk doesn't just make your dishes richer and creamier; its special concentration of milk also provides extra nutrition too.

By replacing drinking milk with any variety of Carnation Evaporated Milk in your cooking, you will be adding twice the calcium and protein. That's because, with less water in the evaporated milk, it increases the nutrients per serving.

There are three varieties of Carnation Evaporated Milk: regular, Low Fat and Fat Free. Simply choose the one you would use at home.

For example, if you drink low fat milk, choose Carnation Evaporated Low Fat Milk for cooking!

All of these milks will provide you with extra richness and creaminess.

Carnation not only adds richness and nutritional benefits to meals, it also adds a wide variety of other cooking benefits. That's because the evaporation process gently heats and alters the way milk interacts with the other ingredients in your recipes...

It adds creaminess & flavor, enhances thickening, moistness and smoothness, helps with blending, promotes whipping and foaming...Oh, I could go on and on.

Just look at these rich and creamy mashed potatoes!

Now you know why Carnation Evaporated Milk is fondly referred to as The Cooking Milk!

Visit VeryBestBaking.com for more recipes, tips, and videos!