

Preserving Eggs and Milk for Long-term Storage

Joseph Parish



When planning to venture out into the unknown, or even if completing a practice bugout exercise, it is always good to have the usual foods which you are used to having at home. My wife, and I have decided that we will be going complete dehydrated food in our motorhome. These foods are lighter in weight, and provide easy storage, and preparation while bugging out, or in the event of a power outage.

There are several ways in which eggs, and milk can be stored for long term storage. The usual methods are freezing, canning, or dehydrated. In this example we have decided to concentrate upon the dehydration method only. In this article, I have tried to provide the pros, and the cons associated with dehydrating milk, and eggs.

Part of my decision to dehydrate comes from the fact that freezing foods such as milk, or eggs tend to take up more space, whereas the dehydrated uses much less. The same applies to freezing eggs. In the same sense milk, and eggs can be canned as well, however, the results with milk border upon a similarity with evaporated milk. It has a caramel like color, and resembles fresh milk when diluted 1/2 and 1/2 with water. Canning eggs is not to productive as they tend to swell, and turn green after they have sat on the

shelf for a period of time. Neither of these canning methods suits the bug out environment so that leaves us with dehydrating.

Dehydrated milk, and Eggs is a great option for providing long term storage solutions, and requires little space when compared to other methods. Although you may not find powdered eggs especially appealing when they are re-constituted, they tend to have the taste, and texture of fresh eggs. You can easily beat the eggs together, and simply dry them as separate whites, and yolks. The reconstituted eggs are able to be used in the same manner as you would fresh eggs.

Some people dehydrate the raw egg; however, I caution against this. The method that I prefer is to cook them in a skillet with no oil, or fats, and then dehydrate them after they are cooked. You can dry a dozen eggs this way, and powder them in a blender to fill a 1/2-pint jar. That amounts to 4 dozen dehydrated eggs in a single quart jar.

1 tablespoon of powdered egg and 1 tablespoon hot water will equal 1 egg

I have in the past attempted to dehydrate milk at home, however, I have found it to be cost effective to simply purchase dehydrated, or powdered milk in the store. The amount of time it would take to accumulate an equal amount would be unreal.

All in all, I feel it is best to purchase both the eggs, and the dried milk from a reliable company, and save your newly learned skills for actual emergencies.