



LINDON HOME STORAGE CENTER

1 April 2023 Edition—940 West Center, Lindon, Utah 801-785-0997

Lindon Home Storage Hours
Monday and Wednesday 10-2 pm
Tuesday and Thursday 10-6 pm
Saturday 9-1 pm

◆ Do you have questions about your food storage? We are here to help you!
◆ Exciting News:
Saratoga Springs Home Storage Center
IS NOW OPEN
(801) 436-8205
142 Medical Drive, Suite 1
Saratoga Springs,

Again, for 2 months straight, we have all our products in our store! Now is the time to stock up!!!

We hope you will have a Christ Centered Easter!
“Easter is the day that changes everything.”
Dieter F Uchtdorf



We have some sad news! **This will be our last newsletter!** They have asked us not to continue to send them out. So we need to be obedient. You have been so gracious about them and we are thankful to you for supporting our center. It is so thrilling to us to have you all be excited about learning about food storage and supporting the prophets! So here are some of the places we have gone to find information for our newsletter.

First: The web sights that are listed above, right below our address and phone number.

1. churchofjesuschrist.org

Put this in your browser and hit enter. At the top of the page hit the magnifying glass. Enter “Food Storage” It will pull up SO much information you will be surprised!

2. gospellibrary/topics/gospeltopics/foodstorage

Put this in your browser and hit enter. It will bring you right to all the information you may want also!

3. Providentliving.churchofjesuschrist.org

Put this in your browser and hit enter. This is a great site! You can access the online store here, get an order form for our store that you can fill out at home and bring into the store all ready to go. (Just for your information, the online store charges you \$5.00 a case for shipping. If you come into the Home Storage Center, you will not be charged a fee) Also, a lot of people get us mixed up with The Bishops Storehouse. We are the Home Storage Center as stated at the top of this newsletter! So when you are searching for things, this might help you.

4. store.churchofjesuschrist.org

Of course, this is the site you can order food to be delivered to your home! It is the same as what we carry in our store! Again, there is a \$5.00 fee per case for a delivery charge. This site also carries foil pouches, oxygen absorbers, and a pouch sealer if that is something you need. (Not in store)

When we produce our newsletters, we just go to the web and type in: “recipes that use Potato Flakes” or “what can you do with quick oats”, etc. You can find most anything you want by doing this! Good Luck!

Potato Flakes

The practice of drying starchy root vegetables for preservation and portability is widely attested around the world, and likely dates back to before the advent of agriculture. Potatoes in particular have been freeze dried since at least the time of the Inca Empire, in the form of chuno; another example is in Japanese Aniu cuisine where potatoes are collected frozen from the ground in spring, then dried.

[U.S. Patent 1,025,373](#), developed by Ernest William Cooke, titled "Dehydrate Potatoes and Process of Preparing the Same", and describing a product that was to be reconstituted in hot water, was applied for in 1905 and granted in 1912.

Flake-form instant mashed potatoes date back at least to 1954, when two United States Department of Agriculture researchers were issued a patent for "Drum drying of cooked mashed potatoes", which describes the end product specifically being "as a thin sheet or flake".

In 1962, Canadian scientist [Edward A. Asselbergs](#) was issued [U.S. Patent 3,260,607](#), entitled "Preparation of dehydrated cooked mashed potato", for a particular industrial method of producing the product.

Nutrition

Instant mashed potatoes have substantially more sodium than fresh potatoes, and much less dietary fiber. In other respects they are similar to mashed fresh potatoes in their nutritional qualities, about two-thirds starch by dry weight, with smaller amounts of protein, dietary fiber, and vitamins. The largest difference is the loss of vitamin C, although some products may be enriched to compensate. One hundred grams (3½ oz) of un-enriched instant mashed potatoes provides 11% of the dietary intake of vitamin C, compared to 18% provided by the fresh potato version.

Soup Thickener

If your soup comes out too thin, or you want to bulk it up into a more substantial meal, I recently learned a super-smart pantry tip in the [Cooking forum on Reddit](#). The poster suggests adding **instant mashed potatoes** to help your soup thicken after it's done cooking. If you think about it, instant mashed potatoes at their simplest consist of just dehydrated potatoes, so it's similar to using a powdered potato starch or cornstarch in a soup, but without the clumping worries. The plain potato flakes thicken the soup with little effort or added flavor. Brilliant! (Wikipedia.com)

Instant Potato Pancakes

Ingredients

- 1 cup cold water
- 1 large egg, beaten
- ½ teaspoon salt
- ¾ cup dry potato flakes
- 2 tablespoons chopped fresh chives, divided
- 1 pinch freshly ground black pepper
- 1 pinch cayenne pepper, or to taste
- 1 tablespoon vegetable oil
- 1 tablespoon butter
- ¼ cup sour cream for garnish

Directions

Whisk together cold water, egg, and salt in a large bowl until salt has dissolved. Mix in dry potato flakes until incorporated. Stir in 1 tablespoon chives; season with black pepper and cayenne pepper.

Divide potato mixture into 4 equal portions and shape into pancakes.

Heat oil and butter in a large skillet over medium-high heat. Swirl the pan to combine.

Place pancakes in the pan, reduce heat to medium, and cook until the bottoms are browned, about 10 minutes. Flip and flatten slightly. Cook until other sides are browned, 7 to 8 more minutes.

Transfer pancakes to a serving plate. Top each with a dollop of sour cream and sprinkle with remaining chive. (Allrecipies.com)



Potato Flake Sourdough Starter and Bread Recipe

added by Karla Harkins

I used to make this years ago. I had forgotten about it until my daughter asked for some. I found this on the internet. This isn't as sweet as Amish Friendship Bread.

Cook time: 1 Hr 30 Min **Serves:** 3 loaves

Ingredients

STARTER (FIRST TIME):

- 1 c warm water
- 1/2 c sugar
- 1 pkg dry yeast (2 1/4 teaspoons)
- 3 Tbsp instant potato flakes, dry

STARTER FEEDER: (SUBSEQUENT TIMES)

- 1 c warm water
- 1/2 c sugar
- 3 Tbsp instant potato flakes, dry

TO MAKE BREAD:

- 6 c flour
- 1 Tbsp salt
- 1/2 c sugar
- 1/2 c oil
- 1 1/4 c warm water
- 1 c starter (see note #3)



Directions

- 1.** First Time Starter Directions: Mix water, sugar, yeast, and potato flakes. Let ferment on counter for two days. Then feed with starter feeder (below). If you get starter from someone else, you can omit this step.
- 2.** Starter Feeder: Combine water, sugar, and potato flakes. Add to starter. Let stand on countertop 8-12 hours, until bubbly. Refrigerate 3 to 5 days, then make bread.
- 3.** After using 1 cup of the starter for dough, pour one cup back into container and refrigerate. Discard any other starter or give to friends. Store starter in refrigerator.
- 4.** When you are ready to make more bread or every 3 to 5 days add starter feeder mix again. Stir well and leave on the counter overnight or all day (about 12 hours).
- 5.** To Make Bread: Add flour, salt, sugar, oil, and water to starter. Mix well. Knead on a floured surface for 5 to 10 minutes. Put dough into a greased bowl. Cover with a wet dish towel and let it rise in a warm place overnight or all day (about 12 hours). Punch down. Knead on a floured surface to get any air bubbles out. Spray 3 loaf pans with cooking spray and divide dough approximately equal into the 3 pans (shaping into loaf form). Let rise 6 to 8 hours, covered loosely. Bake at 350 degrees F. for 25 to 30 minutes.
- 6.** Heat a cup of water in the microwave, then with the microwave off, put the dough in there with the steamy water. Works especially well in the winter when it might be hard to find a warm place for the dough to rise.

Found on justapinch.com

CRISPY POTATO FLAKE COOKIES

INGREDIENTS

- 1 cup 4.5 ounces all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1 teaspoon salt**
- 2 cups instant potato flakes
- 2 sticks 8 ounces unsalted butter, room temperature
- 1 1/2 cups granulated sugar
- 3 large eggs room temperature
- 1 teaspoon vanilla
- 1/2 teaspoon almond extract
- 1 cup lightly packed Angel Flake coconut flakes
- 2/3 cup toasted and finely chopped pecans



INSTRUCTIONS

Preheat oven to 375 degrees F. Line two baking sheets with parchment paper or nonstick foil. In a bowl, stir together flour, cream of tartar, baking soda and salt. Make sure they are well mixed, then stir in the potato flakes and set aside.

In a mixing bowl, using an electric mixer, beat the butter and sugar on medium-high speed until light and creamy. Gradually beat in the eggs. Beat in both extracts.

By hand or using lowest speed of paddle attachment (if using handheld mixer, do it by hand), stir the flour mixture into the creamed mixture. When mixed, stir in coconut and pecans.

Using a rounded teaspoons or a little less than a level tablespoon, shape dough into small balls. Arrange two inches apart on baking sheets and press tops down slightly. Sprinkle with a little extra granulated sugar and bake for 8 to 10 minutes or until edges are browned.

Let the cookies cool on the baking sheet for about 5 minutes, then carefully transfer to a wire rack to finish cooling.

NOTES

**If using salted butter, reduce salt to about 3/8 teaspoon. I don't recommend margarine because it usually makes a softer cookie and these need butter for crispness.

To make half of the recipe, use 1 large egg plus 2 tablespoons of lightly beaten egg and halve all the other ingredients. If you want to make a quarter batch, use 1/4 of all ingredients and 3 tablespoons of egg.

Makes sure pecans are toasted. To toast pecans, lay on a baking sheet and bake at 350F for about 6 or 7 minutes or until they begin to release their oil. Let cool, then chop. (cookiemadness.net)