

HSH GARLIC THREE-CHEESE PANTRY BECHAMEL SAUCE

AT A GLANCE:

Makes 6 cups

Stovetop

Three cheeses

**Whole or
fat-free milk
powder**

**OR evaporated
milk**

INGREDIENTS:

- 4 Tbsp butter
- 5-6 garlic cloves, minced
- 4 Tbsp all-purpose flour
- Milk: choose one
Powder for 3 cups milk + 3 cups cool water (whole or fat-free; follow package)
OR 1½ cups evaporated milk + 1½ cups water
- 4 Tbsp heavy cream powder
- 15 oz ricotta
- ¾ cup grated Parmesan
- 1 cup shredded mozzarella
- ¼ tsp onion powder
- ¼ tsp black pepper
- ⅛-¼ tsp nutmeg
- Salt to taste
- Prepared milk to reach 6 cups



DIRECTIONS:

1. Prepare the dairy.

For powdered milk, whisk the package-specified amount into 3 cups cool water. For evaporated milk, combine 1½ cups evaporated milk and 1½ cups water. Whisk in heavy cream powder. Let stand 5 minutes; whisk again.

2. Soften the garlic.

Melt butter over medium-low heat. Add garlic; cook 45-60 seconds, just until fragrant.

3. Make the roux.

Whisk in flour. Cook 1-2 minutes, stirring constantly without browning.

4. Build the sauce.

Gradually whisk in the dairy mixture until smooth. Cook, stirring frequently, until gently simmering and thickened.

5. Season.

Stir in onion powder, pepper, and nutmeg. Remove from heat.

6. Add the cheeses.

Stir in Parmesan and mozzarella until melted. Whisk in ricotta until blended. For a silkier sauce, blend the ricotta smooth before adding.

7. Finish at six cups.

Measure in a heatproof jug. Add prepared milk a little at a time to reach 6 cups, keeping the sauce creamy and spreadable. Taste before adding salt.

MILK NOTE: Use unsweetened evaporated milk, never sweetened condensed milk. Whole and fat-free powders use the same method; follow the package for powder amounts.

FOR LASAGNA: Use in place of the original pantry béchamel. Add additional mozzarella between layers and on top to your liking.

Faith, Courage, and What We Have**SCRIPTURE**

“And who knoweth whether thou art come to the kingdom for such a time as this?”

Esther 4:14 (KJV)

I wanted to make a rich, creamy béchamel sauce for lasagna, but I was out of fresh milk. For a moment, it seemed as though I was missing what I needed. Then I looked in my pantry.

I had powdered milk, evaporated milk, cream powder, and cheeses. With a little thought, what I already had could become something delicious and nourishing.

That simple moment reminded me of Esther. Long before she knew of the danger facing her people, Esther had been brought into the king’s palace. She had also received the guidance of Mordecai, who had raised her and continued to care for her. When the crisis came, Esther had a position and a voice that could be used to help others.

But being prepared did not make her choice easy. Approaching the king without being summoned could cost her life. After listening to Mordecai and asking her people to fast, Esther chose to go before the king. She could not know how he would respond, but she was willing to act.

We may not face a decision like Esther’s, yet we all encounter moments when we wonder whether we have what we need. God may have already provided resources, relationships, experience, or wisdom that we have overlooked.

Sometimes the first step is to pause, look at what is in our hands, listen to wise counsel, and ask God how He would have us use it. We may not see the outcome, but we can choose to take the next faithful step.

PRAYER

Heavenly Father, thank You for Your faithful care and for the ways You prepare and provide for us. Please open my eyes to what You have already placed in my hands, help me listen to wise counsel, and give me courage, and I will respond when an opportunity comes. I will trust You with the outcome and choose to use what You have given me faithfully. In Jesus’ name, amen.

A MOMENT TO REFLECT

1. What has God already placed in my hands that I may have overlooked?

2. Whose wise counsel can help me consider the opportunity or decision before me?

3. What faithful step can I choose to take, even though I cannot see the outcome?
