

FROM THE GALLEY

BY LEANNE HEMBROW

Roasted Cauliflower and Leek Soup (Serves 4)

Original recipe credit by Yogue

I love this recipe. I was introduced to it through my yoga community during a Facebook project in 2018. You can make it thicker and use as a substitute for mash potato.

This creamy and rich tasting soup has no dairy but is full of vitamins and anti-inflammatory benefits. Make extra and freeze it for a lunch later on in the week.

Ingredients:

- 1 head of a small cauliflower
- 2 leeks
- 2-3 cloves of garlic
- 2 tbsp cold pressed extra virgin coconut oil (or ghee) or extra virgin olive oil
- Pinch of turmeric
- Fresh ground black pepper + Himalayan pink salt or Celtic sea salt
- 2 cups organic chicken or veggie broth
- Sesame seeds
- Filtered water as needed.

Preheat the oven to 400 degrees F

Prep:

Gently wash, drain, and rinse the cauliflower, then break it into medium sized florets using clean hands or a knife. Discard hard bits of the white stalks, but keep the tender ones, chopping them into 1/4-inch pieces. Use the white portion of the leeks. Save the green stalk ends in a freezer bag or box for making stock in the future. Slice the leeks lengthwise first into half, then chop into half-moons. Wash leeks well in a bowl of water. Peel and slice the garlic into halves.

Bake:

Line a rimmed baking tray with parchment paper. Scatter vegetables in a single layer; drizzle with oil, add some salt, pepper and that pinch of turmeric, as well as any other herbs you might like to use. Place the tray onto the middle rack of the oven and roast for 20 minutes. Check vegetables for softness and if needed roast for approx. 10 minutes longer. Remove tray from the oven, let the vegetables cool slightly.

Blend:

To make the soup, pour the veggies and chicken broth into a high-speed blender and blend until smooth in two stages, so the blender does not overflow. You can also use an immersion blender in a soup pot. Add more water if needed to liquify the soup to a consistency you like, 1 cup should do it.


Enjoy:

Taste the soup and serve in a bowl, topped with toasted black or white sesame seeds for extra minerals and a toasty crunch.



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My Sail Wellness program is based on years of health experiences whilst sailing, with help through nutritional mentor advice + understanding common allergies and what we all know now as a problem gut. I bring you encouragement and wellness via daily mentoring. I encourage your phone calls, video chats and provide tips on food, healthy recipes, nutritional supplements advice, a 4-week meal plan, along with Yoga guidance. All included in the program. As a bonus, once subscribed to my program you also receive a range of discounts with Yoga Retreats, workshops, yoga clothing, and monthly subscribed Yoga Wellness and set fee private zoom yoga classes.

Leanne has been involved in Health and Wellness most of her adult life, she is a trained Esthetician, E-RYT 200/ *400 CYT* Yoga Teacher and wellness mentor.

Yoga4Yachties



Hi, I'm Leanne Hembrow, 40hrs and I run the 'Down Under' Rally but I am also known as 'Yoga4Yachties'. I have been a practicing yogi on board our sailing vessels for 10 years travelling parts of the world and a qualified Yoga teacher since 2013.

I share my love of Yoga with Down Under Rally Participants and my Sailing Community in general and through the Australia to NZ Trek and my website.

To anyone of my Yoga Retreats and see my weekly class schedule. Our Calamian Songkran Festival my Yoga4Yachties Logo, please email and say "Hi" if we are anchored nearby, I would love to share a class with you.

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