

# A Epicurean Adventure of Present Moments and Nourishing Karma

## *Our Be Here Now Soupee*



In Chef Shakti Joy's imaginative kitchen, where time dances to the rhythms of creativity, a culinary adventure unfolds—welcome to "*Be Here Now*." This enchanting experience captures the captivating essence of flavors, mindfulness, and the art of embracing the present.

At the heart of this culinary journey lies a humble cauliflower, slow-cooked until perfectly tender, with a sprinkle of enchantment under Chef Shakti Joy's watchful eye. The cauliflower evolves into a canvas of subtle flavors and nourishing goodness, showcasing the magic of living in the present moment.

Handpicked basil leaves from Chef Shakti's vibrant herb garden are tossed into the blender, infusing the dish with freshness and vitality. Each leaf adds an aromatic note to the composition. Avocado, the culinary sidekick, joins the mix, lending a velvety richness that feels like indulging in silky delicateness, as if every bite is a taste of karma.

Next, sesame seeds, generously added by Chef Shakti's skilled hands, impart depth and ancient wisdom to the soup, infusing it with nutty flavors and enhancing its overall richness. Tahini brings creamy cohesion, binding the ingredients together in a flavorful symphony. Ginger root, infused with its warming essence, follows the tahini, lending its subtle spice and enriching the mix with its distinctive flavor profile. Lastly, with a dramatic flourish, Chef Shakti Joy tosses a pinch or two of salt over her shoulder—because every great dish needs a sprinkle of luck, and a dash of joyful theatrics!

In this effortless culinary adventure, the health benefits of the ingredients take center stage. Guided by Chef Shakti Joy's kitchen expertise, cauliflower promises anti-inflammatory magic and digestive harmony. Basil, known for its aromatic healing properties, brings antioxidants and a burst of freshness. Avocado, selected with care, offers its velvety goodness and heart-healthy monounsaturated fats, supporting overall cardiovascular health.

Sesame seeds, the versatile masters, provide a plethora of nutrients, from iron to zinc. Tahini, a staple in Chef Shakti Joy's repertoire, adds calcium and a creamy finish, along with essential minerals like magnesium and phosphorus for bone health and promoting energy boosts. Ginger root, with its zesty flavor, not only complements the dish but also contributes its own array of health benefits, including anti-inflammatory and digestive support.

As this exquisite yet simple cooking adventure unfolds, Chef Shakti Joy's kitchen becomes a sanctuary of mindful preparation—a space where past and future dissolve, leaving only the magic of embracing the present. The aroma fills the air, inviting all senses to partake in the alchemy of the moment. To add a charming visual touch and an extra boost of nutrients to this soupee,

*Be Here Now* can be served with a sprig of basil for a delightful pop of color and flavor or accompanied by nori sheets elegantly draped around the outer edges of the bowl and a few almonds artfully placed in the center alongside the basil.

## Be Here Now Ingredients:

~CAULIFLOWER

~BASIL LEAVES

~AVOCADO

~SESAME SEEDS

~TAHINI

~GINGER ROOT

~SALT

### SUGGESTED GARNISHING:

~ NORI SHEETS AND ALMONDS

I can't save anyone;  
I can only save myself.  
And in doing so, by saving me,  
I serve everyone.

Joyism Quote  
#90

May your journey through "*Be Here Now*" be an enchanting adventure of present moments, guided by the wonders of Chef Shakti Joy, and a feast of karma, savored one quirky spoonful at a time.