

Cooking with Yogini Sarah Trelease

Sample her *sattvic* soup
and make a winter day a little more soulful

By Joelle Hann

When you sample Sarah Trelease's culinary creations *and* take one of her yoga classes, it's like having your yoga and eating it, too. Born into an Italian family on the West Coast, Trelease, an OM Yoga instructor, and her siblings grew up experimenting in the kitchen. "It was how we communicated," says Trelease, 39. After a stint in 1996 as a pie-maker for Baby Jupiter, a New York City restaurant, other jobs flowed in—she worked as a recipe tester and a food stylist and paid her way through yoga school by catering large events. In spite of her talent for creating warm, joyful food, being able to teach yoga takes priority over cooking full-time. "I don't want to lose the joy," says Trelease. "Cooking is like barn-raising. It's a community event."

Fit Yoga spoke to Sarah about intention and invention in cooking, practicing, and teaching one rainy night in her apartment on Ludlow Street in New York City.

Fit Yoga: *Your food is warm and subtle. It balances textures, flavors, and senses—sweet, salty, pungent, etc. One of Patanjali's limbs of ashtanga yoga, pratyahara, is often defined as the withdrawal of the senses, but I think that it could also be interpreted as the bal-*

Roasted Potatoes with Truffle Salt

This simple dish relies on the warmth and texture of the roasted potatoes, the pungent smoky taste of the truffle salt (sold at specialty markets), and the cool contrast of the crème fraîche.

**Small potatoes like new potatoes or fingerlings
(3-5 small potatoes per person)**

Olive oil to coat

Sea salt and pepper, to taste

Crème fraîche, sour cream, or tofu sour cream

Truffle salt

Chives for garnish

1. Preheat oven to 400°F.
2. Rinse and cut the potatoes into halves or wedges. Rinse again, and pat dry.
3. Toss with the olive oil and a pinch of sea salt and pepper. Be sparing with the salt, as you'll be salting the potatoes again when they are cooked. If you are concerned about over-salting, skip this first salting.
4. Spread potatoes on a baking sheet or roasting pan with the cut sides up. Roast until the potatoes are soft inside and the sides are golden brown (about 45 minutes).
5. Just before serving, arrange potatoes either on separate plates or a serving dish, depending on the occasion. Add a dollop of crème fraîche on top; and sprinkle the truffle salt and chopped chives on top.

Preparation time: 1 hour