

# LOCAL CHEFS



*Cooking Workshops for  
Eating Local at Camp*



**ages  
9-12**

# What is the Local Chefs activity?

It's a tool consisting of three cooking workshops that teach your campers about foods grown locally. This activity will help them acquire cooking skills and learn more about eating healthy and local.

DO YOU KNOW WHICH  
FOODS TO PUT ON A VEGETABLE  
BROCHETTE?

DO YOU KNOW WHAT  
BRUSCHETTA IS?

HAVE YOU EVER MADE  
FOOD IN A CUP ?

HAVE YOU EVER TASTED  
A RADISH?

CAN YOU NAME A  
VARIETY OF APPLE ?

DO YOU KNOW THE  
PROPER TECHNIQUE FOR  
CHOPPING HERBS?

Once they've taken the workshops, your campers will be able to answer "yes" to all these questions and many others!

*Psssst!*

You can also view Local Chefs activities for other age groups. You'll find recipes and learn different cooking techniques. You decide which activity is best suited to your campers.



# STEP 1

## DO YOU HAVE A GOOD KNOWLEDGE OF WHAT EATING LOCAL IS?

### What does it mean to eat local?

*It means consuming foods that were grown close to where you live.*

### WHAT ARE THE BENEFITS OF EATING LOCAL FOODS?

- **For health** : Local foods are fresher and generally of better quality. But there are still processed foods produced here that are not as healthy.
- **For the local economy** : Eating local means supporting local producers and processors, and by extension our economy!
- **For society**: Buying local encourages know-how among local processors.
- **For the environment**: Ensures that foods travel a shorter distance and limits the production of greenhouse gases. Less pollution! Cool, eh?



**DID YOU KNOW?**  
FOODS TRAVEL AN AVERAGE OF  
2,500 KM BEFORE THEY REACH YOUR  
PLATE. THAT'S THE DISTANCE BETWEEN  
HERE AND FLORIDA!

**GREENHOUSE GAS EFFECT:**  
GAS THAT TRAPS HEAT WHEN RELEASED  
INTO THE ATMOSPHERE AND CONTRIBUTES  
TO GLOBAL WARMING.



## FIVE TRICKS FOR EATING LOCAL

- 1 Look at where your foods come from when you buy ingredients for your cooking workshops at the grocery store.
- 2 Start a garden and grow your own vegetables, fruits and herbs!
- 3 Visit farms and producers in your region to purchase local foods.
- 4 Present a pick-your-own activity with your campers.
- 5 Buy the ingredients for your next cooking workshop or tasting activity from local producers at a public market.

CHECK OUT THE "GARDENER'S TOOLBOX" AVAILABLE ON THE POWER UP PORTAL BEFORE HEADING TO THE GARDEN WITH YOUR CAMPERS THIS SUMMER.

HAVE YOU HEARD OF THE "MARKET AT CAMP" ACTIVITY? GO TO THE POWER UP PORTAL TO DISCOVER IT WITH YOUR CAMPERS!

## WHY ARE COOKING WORKSHOPS IMPORTANT AT CAMP?

– *Because they allow campers to discover, learn about and appreciate a variety of nutritious foods.*

– *Because they allow campers to associate healthy eating with self-realization.*

– *Because they allow campers to acquire cooking skills.*

*Tips for quickly identifying foods produced in Quebec at the grocery store*



Look for one of the following logos on foods or their packaging.



Visit the Aliments du Québec website at [www.alimentsduquebec.com](http://www.alimentsduquebec.com). You'll find an online directory that tells you which grocery stores carry the foods you want.

*Psst!*

Psst! You might find the logo on the price tag



# STEP 2 MAKE YOUR CHOICE!

Discover three  
super fun recipes!



## BROCHETTE WITH LOCAL VEGETABLES



## BRUSCHETTA



## APPLE CAKE IN A CUP



## SOS allergies!

Read suggestions for replacing  
allergenic foods on each recipe card.



Must be refrigerated



Can be cooked  
in the microwave



No refrigeration  
necessary



No cooking required

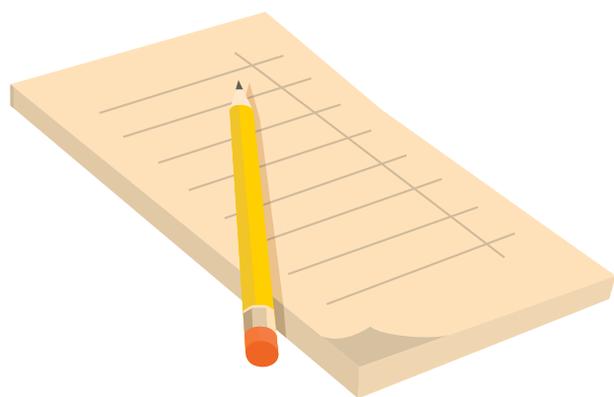


# STEP 3

## BECOME AN ORGANIZATION CHAMPION!

*The following checklist will help guide you.*

*What to do before your workshop:*



### A. EQUIPMENT AND EQUIPMENT

Do you have everything you need? Check the complete recipe card to make sure.

### B. STORAGE

Are non-refrigerated and/or refrigerated spaces available to store the ingredients and prepared recipes?

### C. GROCERIES

Are the foods you need on your grocery list?

**Psst!** If your coordinator is doing the grocery shopping, give them the list!

### D. RECIPE

If possible, print copies of the recipe to post or distribute to each camper on the day of your workshop. You'll find the print version at the end of this document.

### E. NOTE TO PARENTS

Have you sent a reminder to parents about this activity? Send them the recipe so that they can inform you if their child has an allergy.



## *SOS allergies!*

Carefully read the list of ingredients for each product you use in your recipe to make sure it doesn't contain allergens. The priority allergens are named under the list of ingredients, with the mentions "Contains" or "May contain."



## 2. What to do on the day of your workshop:

### A. SPACE

Organize the space where you intend to present your workshop. It could even be outdoors! Set up the tables and chairs beforehand to save time!

**DO SOMETHING DIFFERENT!  
IF THE WEATHER PERMITS, SET UP  
OUTDOORS ON PICNIC TABLES TO PRESENT  
YOUR WORKSHOP.**

### B. WASTE MANAGEMENT

Make sure there are garbage cans, recycling bins and a compost bin (if available) at your disposal. Remind your campers where the different types of waste go at the start of the activity!

### C. CLEAN SURFACES

Thoroughly clean work surfaces using a cleaning product.

### D. EQUIPMENT

Distribute the cooking equipment. Each camper must have their own equipment in order to avoid contamination.

**HAVE YOU CONSIDERED  
COLLECTING INDIVIDUAL BINS WITH  
YOUR CAMPERS TO STORE THEIR  
COOKING EQUIPMENT?**

### E. INGREDIENTS

Distribute the ingredients to each camper so that they don't all handle the same container. And remember to take out the refrigerated ingredients right before you use them.

### F. CLEANING AND STORING

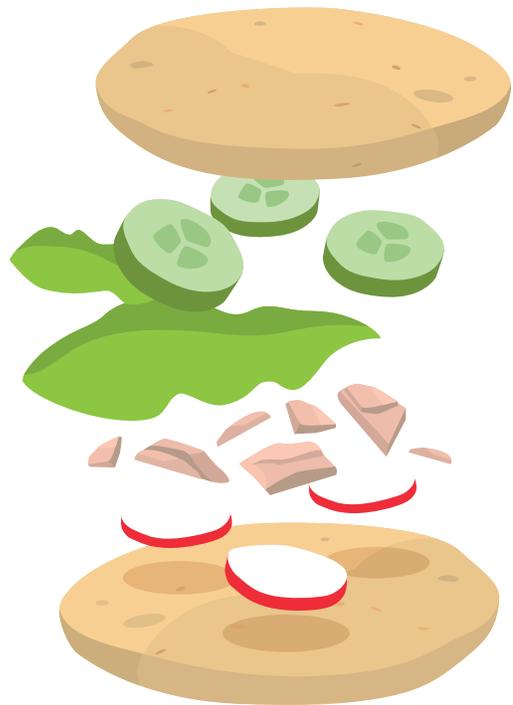
Set up a one-way course with separate places for the garbage can, recycling bin and compost bin, as well as a place where your campers can wash, dry and store their dishes individually.



# STEP 4

## TO MAKE EVERYTHING RUNS SMOOTHLY!

*Follow this guide to ensure that your workshop runs like clockwork!*



### I. WELCOME YOUR GROUP

→ To create some atmosphere in your room, do as though you were visiting the local market and ask your campers to draw the different foods in your recipe and stick them to the wall! Be original!

→ Take attendance and make sure that no one is wearing jewelry or a watch, that the campers roll up their sleeves, and that those with long hair tie it up.

→ Get to know your campers. **What do they like to eat at home? Do they help their parents prepare meals? What are their favourite recipes?** These questions will allow you to adapt your workshop accordingly.

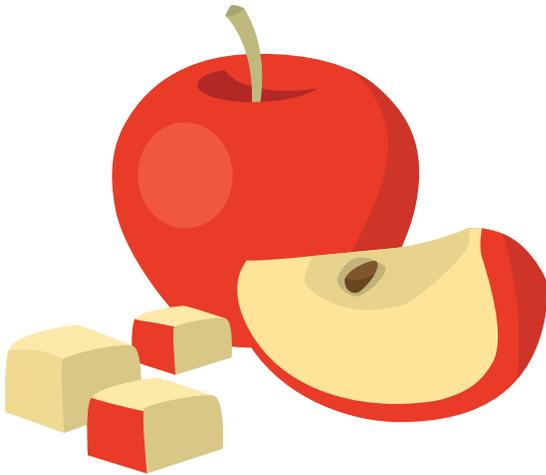


## 2. THE ABCS OF HYGIENE, CLEANLINESS AND SAFETY

→ Have you seen the Power Up poster on hygiene, cleanliness and safety in your local workshop? Show it to all your campers at the start of the activity. The poster is available on the Power Up portal at <https://portail.tremplinsante.ca/>



## 3. PRESENT YOUR RECIPE AND THE STAR INGREDIENT



- ✓ Show a colour photo of the recipe to your campers to get them excited about it.
- ✓ Be sure to show the steps in the recipe.
- ✓ Present the star ingredient in your recipe using the introductory questions.
- ✓ Present the other ingredients and ask your campers about them.

USE THE "DISCOVERING LOCAL FRUITS AND VEGETABLES" KIT TO LEARN MORE ABOUT THE STAR INGREDIENT IN THE RECIPE. THE KIT IS AVAILABLE ON THE POWER UP PORTAL.



## 4. WHAT'S IT FOR?

### PRESENT THE COOKING EQUIPMENT

- ✓ Review the list of equipment with your campers.
- ✓ Ask your campers if they know what each utensil or tool is used for.

WHY NOT INVENT GUESSING GAMES OR PLAY CHARADES TO HELP THEM FIND THE ANSWERS?

## 6. READY, SET, COOK!

- ✓ Carefully read each step in the recipe with your group.
- ✓ Ask your campers pay attention as you prepare the recipe step by step.
- ✓ Walk among your campers and help those who have more difficulty. Let them experiment, but don't complete the steps for them.

## 5. DEMONSTRATE THE COOKING TECHNIQUES

→ All the cooking techniques you show your campers are featured in a pictogram on your recipe card. Find the pictograms on the appendix page entitled "Glossary of Cooking Techniques" at the end of the document.

*Psssst!*

The important thing is that everyone tastes the food at the same time. The faster or more skilled campers can help the others.



## 7. BOY THAT'S DELICIOUS!

- ✓ Taste your recipe together.
- ✓ Ask your campers about the recipe and the activity just completed.

- Did you enjoy this activity?
- Would you like to make this recipe at home?
- What step was the easiest? The most difficult?
- Does it taste good? What would you change in this recipe?
- Did you enjoy discovering the star ingredient? Did it taste sweet? Acidic? Bitter? Salty?
- What did you learn today?

SEE THE "TASTING EXPERT"  
TOOL FOR A SUCCESSFUL TASTING  
WITH YOUR CAMPERS.

## 8. OPERATION CLEAN-UP

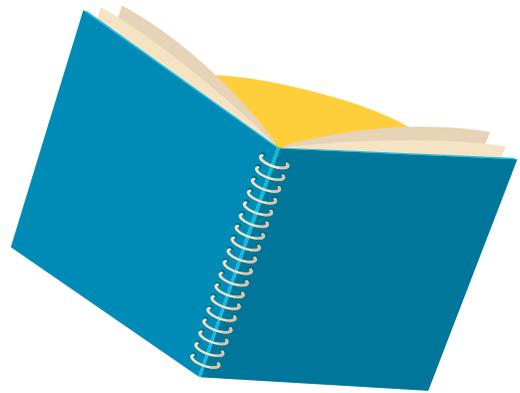
- ✓ Take the opportunity to help your campers learn the difference between garbage can, a recycling bin and a compost bin so that they sort their waste properly. You can also complete this step before you start your workshop.
- ✓ Make a sink and two bins available to your campers so that they can wash the dishes in warm soapy water.
- ✓ Guide your campers so that they can store their equipment in the proper place.



# STEP 5

## PRACTICAL GUIDE FOR A SUCCESSFUL ACTIVITY

*The following ideas  
are meant to motivate  
your campers.*



### A. INTRODUCE YOUR THEME IN A DYNAMIC WAY

→ Ask your campers what they know. The following examples will give you an idea of the types of questions you can ask to open the discussion:

- 1 Can anyone explain what eating local means? (It means eating foods that were grown, raised or processed close to where you live.)
- 2 What are the benefits of eating local? (On health, the economy, society and the environment.)
- 3 Have you ever eaten local foods? If so, which foods did you eat?
- 4 Have you ever visited a farm? A public market?
- 5 Have you ever grown a garden? If so, what did you grow?

→ Use the questionnaire game to introduce the recipe you've chosen.



*Suggestion*

Start your day with the "Market at Camp" activity available on the Power Up portal.



## B. COIN A RALLYING CRY

With your campers, create a rallying cry for the star ingredient in your recipe. If you get the impression you're losing their attention, use the rallying cry to bring them back to the activity.



## C. LET THERE BE MUSIC!

Is your group lacking in enthusiasm? Play some catchy music during the activity: A quick and easy trick for livening up the room! Keep the volume at a reasonable level: This is a cooking workshop, not a dance activity.

## D. CHALLENGE YOUR CAMPERS

During the activity, announce a challenge to stimulate your campers. The recipe card will give you a few ideas. Have fun while staying safe.



## E. RESPOND APPROPRIATELY WHEN A CAMPER COMMENTS ON THE WORKSHOP

### *When a camper comments on the workshop*

It's possible that a camper will make a comment to the effect that "I don't eat sugar" or "My mother is vegan, I can't eat this."

**How should you respond?** Unfortunately, there's no perfect answer. Explain that there are many different ways of cooking and eating, and that today, you're introducing the campers to a food item that you like. Remind the camper who made the comment that they are not obliged to sample the recipe if it makes them uncomfortable.



### *Don't forget*



- If you don't have time to review all the content, it's no big deal!
- Be spontaneous! Ask a question and see where it leads!
- Don't put too much pressure on yourself during the activity. Your campers will enjoy themselves, regardless of the formula.
- Return the recipe to each camper at the end of the activity so they can make it at home. They'll be proud to show off their skills to their families!

## F. ADAPT YOUR WORKSHOP TO YOUR CAMPERS

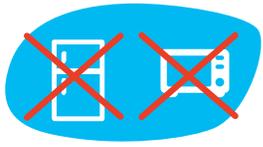
If you see that your campers are more advanced in their cooking techniques, try the recipes for the 13 and older age group. You can also go to the Power Up website and make this delicious brownie:

<https://tremplinsante.ca/recettes/brownies/>

*Did you put too much sugar in your cake?  
Did you put too much tomatoes in your bruschetta?*

No worries! The important thing is that everyone has fun!  
At the conclusion of the activity, congratulate everyone. A round of applause!





# BRUSCHETTA



## Introduce the theme

- ✓ **TRUE OR FALSE?** The tomato is a vegetable. **TRUE AND FALSE!** It grows like a fruit, but is cooked like a vegetable.
- ✓ **Name foods that are made with tomatoes.** Salsa, pasta sauce, soup, ratatouille, salad, stuffed or sundried tomatoes, tomato confit.
- ✓ **Did you know that the tomato belongs to the same family as the potato?** Yes it does! They both belong to the nightshade family.

WHERE DOES  
BRUSCHETTA COME FROM?

ITALY

STAR INGREDIENT:  
TOMATO

THE EQUIPMENT  
AND INGREDIENTS BELOW  
ARE FOR ONE PERSON.

## PREPARATION

20 MINUTES

## PORTIONS

1 PORTION

## POSSIBLE ALLERGENS

NONE

## INGREDIENTS :

- 1 tomato
- 4 chive scapes
- 4 basil leaves
- 1 teaspoon of oil
- ½ teaspoon of balsamic vinegar
- 5 to 10 crackers

## MATERIEL

- 1 bowl
- 1 cutting board
- 1 paring knife
- 1 teaspoon
- Scissors

## PREPARATION :

1. Wash the tomato, chive scapes and basil.
2. Remove the stem from the tomato.
3. Dice the tomato.
4. In a bowl, mix together the diced tomato, oil and balsamic vinegar.
5. Cut the chive scapes and basil over the bowl.
6. Add pepper to taste.
7. Mix together the ingredients with the spoon.
8. Serve on five to ten crackers, depending on their size.



*Did you know that there are purple tomato varieties?*

Tomatoes come in many different colours, including red, yellow, orange, and purple.

Have some basil leaves left over? Why not dry them? All you need to do is chop them and leave them to dry. Your campers will be impressed!



# GROCERY LIST

*All you need to make...Bruschetta*

If you grow herbs in the garden at camp, cross out the lines corresponding to the ingredients you already have. All you need to do is collect the herbs from the garden with your campers before the workshop.

Circle the number of participants in your workshop

Ingredients/ quantity	8	12	15	20
Tomatoes (medium size)	8 tomatoes	12 tomatoes	15 tomatoes	20 tomatoes
Chives	1 container	1 container	2 containers	2 containers
Fresh basil	1 container	1 container	2 containers	2 containers
Canola oil	1 bottle 375 ml			
Balsamic vinegar	1 bottle 250 ml			
Pepper	1 container	1 container	1 container	1 container
Crackers	1 box 250 g	2 boxes x 250 g	2 boxes x 250 g	3 boxes x 250 g



# Equipment

Circle the number of participants in your workshop

Equipment /quantity	8	12	15	20
Bowl				
Cutting board				
Paring knife				
Teaspoon				

## Culinary techniques developed



Mixing



Chopping



Cutting herbs

# Tasting Section!

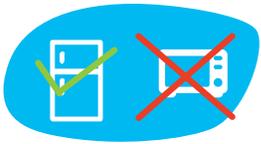
Ask your campers the following questions after their first bite:

HOW DID YOU FIND THE COMBINATION OF FOODS?

IF YOU HAD TO MAKE IT AGAIN, WHAT HERBS WOULD YOU USE AS SUBSTITUTES FOR THE CHIVES AND BASIL?

WHAT IS YOUR FAVOURITE FOOD?





# BROCHETTE WITH LOCAL VEGETABLES



## Introduce the theme

- ✓ Did you know that cucumbers consist of 95% water?
- ✓ Have you ever tasted a radish? If so, how did you find the taste? Sweet, sharp, bitter?
- ✓ Have you ever made a recipe using one of the following vegetables? If so, what did you make? Tzatziki, Greek salad, crudités, canapés, etc.

STAR INGREDIENTS :  
CUCUMBER AND RADISH

IF ONE OF YOUR CAMPERS IS LACTOSE INTOLERANT, PICK UP A LACTOSE-FREE CHEESE AT THE GROCERY STORE!

THE EQUIPMENT AND INGREDIENTS BELOW ARE FOR ONE PERSON.

## PREPARATION

30 MINUTES

## POSSIBLE ALLERGENS

MILK

## RENDEMENT

1 (THREE MINI BROCHETTES)

## INGREDIENTS :

- 1 mini cucumber
- 6 cherry tomatoes
- 2 radishes
- 4 mini bocconcini balls

## PREPARATION :

1. Wash your vegetable ingredients.
2. Using the peeler, cut the cucumber into strips.
3. Using the paring knife, cut the radish in half.
4. Alternately thread your vegetables and bocconcini balls onto the skewers.

## EQUIPMENT

- 3 wooden skewers
- 1 vegetable peeler
- 1 cutting board
- 1 paring knife



## Challenge

Cut your radishes in the shape of a flower to make them more attractive! Be careful for your fingers!

## Guessing game!

I am a fruit, but I am eaten like a vegetable. What am I? Answer: The tomato and the cucumber



# GROCERY LIST

*All you need to make ... A brochette with local vegetables*

**Circle the number of participants in your workshop**

<i>Ingredients/ quantity</i>	<b>8</b>	<b>12</b>	<b>15</b>	<b>20</b>
<i>Mini cucumbers</i>	<i>2 packages of 6</i>	<i>2 packages of 6</i>	<i>3 packages of 6</i>	<i>4 packages of 6</i>
<i>Cherry tomatoes</i>	<i>1 package 320 g</i>	<i>1 package 320 g</i>	<i>1 package 680 g</i>	<i>1 package 680 g</i>
<i>Radishes</i>	<i>1 basket 1 L</i>			
<i>Mini bocconcini balls</i>	<i>2 containers x 200 g</i>	<i>3 containers x 200 g</i>	<i>3 containers x 200 g</i>	<i>4 containers x 200 g</i>

**Circle the number of participants in your workshop**

<i>Equipment /quantity</i>	<b>8</b>	<b>12</b>	<b>15</b>	<b>20</b>
<i>Skewers</i>	<i>24</i>	<i>36</i>	<i>45</i>	<i>60</i>
<i>Peeler Cutting board Paring knife</i>	<i>8</i>	<i>12</i>	<i>15</i>	<i>20</i>



## Culinary techniques developed



### Chopping

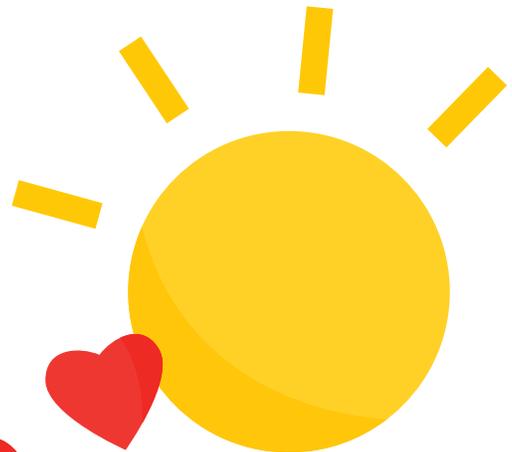
## Tasting Section!

Ask your campers the following questions  
after their first bite:

WHAT OTHER SHAPE COULD  
YOU HAVE GIVEN THE FRUITS/  
VEGETABLES ON YOUR  
BROCHETTES?

WHAT OTHER FRUIT OR  
VEGETABLE WOULD YOU LIKE  
TO ADD TO YOUR BROCHETTES?

WHAT IS YOUR  
FAVOURITE FOOD?





# APPLE CAKE IN A CUP



STAR INGREDIENT:  
APPLE

## ✓ Introduce the theme

Name all the apple products you can find at the grocery store. Whole apples, apple sauce, apple juice, maple butter, apple jelly, apple cider vinegar, apple pie, apple crisp, apple muffins, etc.

- ✓ Did you know that you can eat local apples year-round, because they're easy to preserve?
- ✓ Name the different apple varieties that are grown here. McIntosh, Lobo, Paula Red, Empire, Cortland, Spartan, Gala, Honeycrisp, Ginger Gold, Sunrise, etc.

## PREPARATION :

15 MINUTES

## PORTION

1 PORTION

## POSSIBLE ALLERGENS

WHEAT, MILK, EGG

## COOKING TIME

1 MINUTE 30 SECONDES

## INGREDIENTS :

- 1/3 cup whole wheat flour
- 1/3 cup milk
- ¼ apple
- 1 tablespoon unsweetened apple sauce
- 1 tablespoon dark chocolate chips
- 1 tablespoon maple syrup
- 1 pinch ground cinnamon

## PREPARATION :

1. Wash the apple.
2. Dice the apple.
3. Mix together the dried ingredients in the cup.
4. Add the wet ingredients (maple syrup, milk, apple sauce).
5. Mix well using the tablespoon.
6. Cook for about one minute and 30 seconds in the microwave at high setting.
7. Let cool for three minutes.
8. Taste your masterpiece.

## EQUIPMENT

- 1 paring knife
- 1 cutting board
- 1 measuring cup
- 1 cup
- 1 tablespoon

NAME A FRUIT OR A VEGETABLE USING EACH LETTER IN THE WORD "APPLE."

- A: asparagus
- P: parsnip
- P: potato
- L: leek
- E: endive



*Did you know?*

Fields where apples are grown are called orchards.  
Are there any orchards close to your home?



# GROCERY LIST

*All you need to make...Apple cake in a cup*

*Preservation 101!*

Remember that flour keeps better in a hermetically sealed container.

Circle the number of participants in your workshop:

Ingredients/ quantity	8	12	15	20
Whole wheat flour	1 bag 500 g	1 bag 500 g	1 bag 1 kg	1 bag 1 kg
Milk	1 container 1 L	1 container 1 L	1 container 2 L	1 container 2 L
Apple	2 apples	3 apples	4 apples	5 apples
Unsweetened apple sauce	1 container 620 ml			
Semi-sweet chocolate chips	1 bag 300 g			
Maple syrup	1 bottle 250 ml	1 bottle 250 ml	1 bottle 250 ml	1 bottle 540 ml
Ground cinnamon	1 container 30 g			



Circle the number of participants in your workshop:

Equipment /quantity	8	12	15	20
Paring knife				
Cutting board				
Measuring cup	8	12	15	20
Cup				
Tablespoon				

### Culinary techniques developed



Chopping



Mixing



Measuring

## Tasting Section!

Ask your campers the following questions after their first bite:

WOULD YOU LIKE TO MAKE ANOTHER RECIPE IN A CUP?

DO YOU LIKE THE TASTE OF CINNAMON?

IF YOU HAD TO MAKE IT AGAIN, WOULD YOU CHANGE CERTAIN INGREDIENTS?



# GLOSSARY OF COOKING TECHNIQUES



Cracking an egg



Cutting herbs



Chopping



Mixing



Measuring



wash

*Not sure you have a good knowledge  
of cooking techniques?*

Visit the video section of the Power Up portal to view the capsules and learn more. You can also use the visual tool entitled My cooking techniques, which you can print and place on the tables to remind you what to do and how to show the campers during the workshop.



Grating cheese



Distribute these three simplified cards to your campers during the workshop so that they can make the recipe at home.

On the reverse side of the recipe, campers and their families can view the seek & find activity, which they can play at the grocery store.

## Apple cake in a cup

Preparation: 20 minutes  
Portions: 4  
Possible allergens: egg, milk and wheat

### Ingredients:

- ½ cup whole wheat flour
- ½ cup enriched flour
- ½ cup milk
- 1 1/3 cup diced apples
- 2 tablespoons maple syrup
- 1 tablespoon vanilla
- ½ tablespoon baking powder
- A pinch of cinnamon and salt
- A pinch of oat flakes

### Equipment:

- 1 paring knife
- 1 cutting board
- 1 measuring cup
- 4 cups

### Preparation:

1. Dice the apple(s).
2. Mix all the dried ingredients into each cup.
3. Add the wet ingredients.
4. Mix using a tablespoon.
5. Heat each cup in the microwave oven for one minute and 30 seconds.
6. Let cool for three minutes and taste!



## Brochette with local vegetables

Preparation: 30 minutes  
Portions: 4  
Possible allergens: none

### Ingredients:

- 4 mini cucumbers
- 24 cherry tomatoes
- 8 radishes
- 4 mini bocconcini balls

### Equipment:

- 3 wooden skewers
- 1 vegetable peeler
- 1 cutting board
- 1 paring knife

### Preparation:

1. Using a peeler, slice the cucumber into ribbons.
2. Using the paring knife, cut the radish in half.
3. Alternately thread the vegetable and bocconcini balls onto the skewers.



## Bruschetta

Preparation: 20 minutes  
Portions: 4  
Possible allergens: none

### Ingredients:

- 4 medium sized tomatoes
- 8 chive scapes
- 8 basil leaves
- 4 teaspoons oil
- 2 teaspoons balsamic vinegar
- 20 to 40 crackers

### Equipment:

- 1 bowl
- 1 cutting board
- 1 paring knife
- 1 teaspoon
- scissors

### Preparation:

1. Remove the stem from the tomatoes.
2. Dice the tomatoes.
3. In a bowl, mix together the diced tomatoes, oil and balsamic vinegar.
4. Using the scissors, cut the chive scapes and basil over the bowl.
5. Add pepper to taste.
6. Mix together all the ingredients with the spoon.
7. Serve on five to 19 crackers, depending on their size.



# SEEK & FIND



The following charades will help your campers find the star ingredients.

The following charade will help you find the star ingredient in your recipe.

My first is something you install  
on your phone: APP  
My second is an opening dug  
in the ground: HOLE  
My whole is a fruit that can be picked  
at the end of the summer: APPLE

The following charade will help you find the star ingredient in your recipe.

The first syllable in my name sounds like  
the slang word for something good: RAD  
The second syllable in my name sounds  
like something on which a meal is served:  
DISH I am a red vegetable.

The following charade will help you find the star ingredient in your recipe.

The first syllable in my name is the  
opposite of the word "from."  
The second syllable in my name is what  
people lie on when they practice yoga.  
The third syllable is my name is the  
opposite of the word "from."  
I am an essential ingredient in  
spaghetti sauce.