

Families:

Pilot Light Family Meal Lessons are designed to easily bring food education into your home. We recommend using the Family Resources in the following way:

1. Watch the Family Meal video for the lesson as a family.
2. Make the recipe as a family.
3. In the Common Core Connections section, children can learn through and about food while strengthening Common Core English Language Arts or Math skills.
4. Family Discussion questions and Extension Activities are provided to allow learners of all ages opportunities to participate in the learning experience!

**Pilot Light Family Meal Lesson****Mediterranean Fish and Seafood Stew with Crusty Bread
+ Grades 3-8 Common Core English Language Arts -
Writing - Production and Distribution of Writing**

Suggested Recipe Age Range: 10 and up with adult help

Recipe by Chef Paul Kahan:

Mediterranean Fish and Seafood Stew with Crusty Bread**Ingredients:**

- 1/4 cup extra virgin olive oil
- 8 cloves garlic, thinly sliced
- 1 medium yellow onions, peeled and julienne sliced
- 1 bulb fennel, julienne sliced
- 1 1/2 pounds red new potatoes, sliced into 1/4 inch coins
- 1 bay leaf
- 1 pinch saffron (optional)
- 1 cup white wine
- 1 large can (28 ounce) whole tomatoes, drain half the liquid and crush
- 2 x 8oz. Clam juice
- 2 cups water
- 1/4 c. Pernod (optional)
- Sriracha
- 1/8 cup parsley, chopped
- 1 tsp. Chopped thyme
- Salt and pepper



- 1 1/2 pounds white fleshed fish (whitefish, bass, cod, or tilapia)
- 10 little neck clams (optional)
- 1 pounds mussels
- 1 pound shrimp, peeled and deveined
- 1 baguette
- Butter for baguette

Directions:

1. In a large stockpot, heat oil over medium heat.
2. Add garlic, onion, fennel, potatoes and bay leaf; stir to coat.
3. Cover and cook over medium low until the potatoes begin to soften, approximately 15 minutes.
4. Turn heat to high and stir in saffron, white wine, and tomatoes, cook for 5 minutes.
5. Add clam juice and 2 cups of water.
6. Continue to cook over high until the potatoes are tender.
7. Add fish, clams, mussels and shrimp during last 5 minutes of cooking.
8. Finish dish with Pernod and siracha, and season with fresh herbs, salt and pepper to taste.

Common Core Connections:

Grades 3-8

English Language Arts - Writing - Production and Distribution of Writing (Standard 4):

Students will produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

What does this mean?

Common Core in grades 3-8 identifies three types of student writing: opinion pieces, informative/explanatory writing, and narratives (real or imagined stories).

Common Core standards around literacy build in complexity throughout the grades. That means that the standards can sound the same for younger, as well as older grades, but the kinds of writing produced will be much different. In this project, for example, a third grader may need some assistance with research and could write a short paragraph about a type of fish of their choice, while an eighth grade student might write a multi-paragraph essay about a type of fish (or several) and include several reasons (including supporting details) why this type of fish is recommended to eat or not. This lesson will guide you through appropriate projects for your student.

In this lesson, you (the student) will be working on informative/explanatory writing in which you will pick a topic and provide supporting details.

What does this look like?

Materials needed:

- Pens
- Paper (or computer)
- Research tools (books, the internet)

Directions:

1. Using resources such as seafood watchlists or sustainable seafood guides online, choose a type of fish/seafood (or several) to research. In your writing, you will tell the reader more about this type of fish and if it is recommended to eat or not and why.
2. Research the topic you chose. Write down any notes or ideas you find to use later in your writing.
3. Begin your first draft (at least 2 paragraphs in length): Write a thesis statement or a topic sentence that explains what your writing will be about.
4. Write about 2-3 supporting details or examples that support your thesis. Think about what facts or examples you find that show that your thesis statement is true.
5. Write a concluding statement that restates (puts in different words) your thesis (your first sentence).
6. Read your draft aloud and make any changes. You can also give your rough draft to a friend or care giver for feedback.
7. Write your final draft. Share your writing with family or friends if you like.

To meet the expectations of this standard, your writing should be **at least 2 paragraphs long** and include the following:

- Introduction:** Introduce a topic clearly, provide a general observation and focus, and group related information logically; include formatting (e.g., headings), illustrations, and multimedia when useful to aiding comprehension.
- Facts and details that relate to the topic:** Develop the topic with facts, definitions, concrete details, quotations, or other information and examples related to the topic.
- Transition Words:** Link ideas within and across categories of information using words, phrases, and clauses (e.g., in contrast, especially).
- (Grades 4-8) Use specific vocabulary related to the topic:** Use precise language and domain-specific vocabulary to inform about or explain the topic.
- (Grades 6-8) Establish and maintain a formal style.**
- Conclusion:** Provide a concluding statement or section related to the information or explanation presented.

Family Discussion Questions:

Families/children could discuss or write about:

- What is your favorite type of seafood? What other types of seafood could we add to this stew?
- The sriracha in the stew adds a bit of heat or spiciness. Do you like spicy foods? If so, how spicy? Can you remember the spiciest things you have ever eaten?

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- Regrow the fennel or onions you used in the recipe - save the end of the bulb where the roots are/were and place in a shallow dish with water. You will see new growth and additional roots to form within a few weeks. It can then be planted in your garden.
- Research the difference between mussels, clams, and other shellfish. Share out your findings with your friends or family.

This original Family Lesson was written by Pilot Light staff and was inspired by the Pilot Light lesson, [Fish the Ecosystem: A World Without Fish](#).