

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

Beef Tenderloin with Chimichurri

+ Grades 4 and up + Common Core English Language Arts - Informational Text - Key Ideas and Details + Writing

Suggested Recipe Age Range: 8 and up with adult help

Recipe by Chef John Manion

Beef Tenderloin**Ingredients:**

- 1 whole beef tenderloin, trimmed of silver-skin and tied into a roast
- salt and cracked black pepper
- extra virgin olive oil

**Directions:**

1. Preheat your oven to 475 degrees.
2. Rub liberally with kosher salt and cracked black pepper then massage the whole thing with some nice quality olive oil.
3. Place the tenderloin on a roasting rack and roast for 20-25 minutes to an internal temperature of 120-25 for medium-rare. Remove, douse with chimichurri and let rest, covered, for 10 minutes.
4. Slice and enjoy.

Tio's Chimichurri**Ingredients:**

- 3 cups flat-leaf parsley leaves (from about 3 bunches), very finely chopped (no stems!!)

- 6 garlic cloves, very finely chopped
- 1 ½ teaspoons finely chopped fresh oregano leaves
- ¼ cup distilled white vinegar
- 1 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- ¾ teaspoon dried red pepper flakes
- 1 bay leaf
- ¾ cup extra-virgin olive oil

Directions:

1. In a medium-size airtight container, stir together the parsley, garlic, oregano, vinegar, salt, the black pepper, the bay leaf and red pepper flakes.
2. Stir in the olive oil, cover and refrigerate the chimichurri sauce overnight if possible. If possible, you could use a food processor as well to chop and combine your ingredients.

Common Core Connections:

Grades 4th and up

English Language Arts: Reading Informational Text - Key Ideas and Details (Standard 1 & 2) and Writing

Students will

- refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.
- determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.

What does this mean?

Students should be able to read an informational/nonfiction text and identify what the text is mostly about, as well as find details from the text that support the ideas that the text is presenting. In this lesson, you (the student) will research where the ingredients of the chimichurri recipe can be grown based on their hardiness zones for growing.

What does this look like?

Materials needed:

- Research tools (internet, books, friends or family) Suggested resources include:
 - “Growing Guides” by *The Old Farmer’s Almanac*
<https://www.almanac.com/gardening/growing-guides>
 - “What are Plant Hardiness Zones?” by *The Old Farmer’s Almanac*
<https://www.almanac.com/content/plant-hardiness-zones>
 - USDA Plant Hardiness Zone Map by USDA
<https://planthardiness.ars.usda.gov/PHZMWeb/Default.aspx#>
- Pens/Pencils
- Paper (or computer)

Directions:

1. Using the chimichurri recipe (or another recipe), identify the different types of produce (including herbs) that you would use in that recipe.
2. Using the USDA Plant Hardiness Zone map, *The Old Farmer's Almanac* (see sources below) and other resources, identify the hardiness zone that each type of vegetable and herb grows best in. Then, identify if the vegetables/herbs in the recipe could be grown in the zone where you live.
 - “Growing Guides” by *The Old Farmer's Almanac*
<https://www.almanac.com/gardening/growing-guides>
 - “What are Plant Hardiness Zones?” by *The Old Farmer's Almanac*
<https://www.almanac.com/content/plant-hardiness-zones>
 - USDA Plant Hardiness Zone Map by USDA
<https://planthardiness.ars.usda.gov/PHZMWeb/Default.aspx#>
3. If the fruits and vegetables cannot be grown in the hardiness zone where you live, you can research the closest geographical place that would be suitable. You can also research or hypothesize how ingredients that cannot be grown locally make their way to grocery stores.
4. Next, write a summary of your findings. Where can the ingredients in the chimichurri recipe be grown? If they cannot be grown near you, why not? Make sure to include the following in your writing:
 - ☐ **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+) Use specific vocabulary related to the topic:** Use precise language and domain-specific vocabulary to inform about or explain the topic.
 - ☐ **(Grades 6+) Establish and maintain a formal style.**
 - ☐ **Conclusion:** Provide a concluding statement or section related to the information or explanation presented.
5. While enjoying the beef with chimichurri, share your writing and findings with those you are dining with!

Family Discussion Questions:

Families/children could discuss or write about:

- What types of herbs and spices have you tried? What is your favorite and why? Is there one that you don't like very much?
- Chimichurri is a common sauce or condiment in many cultures. What types of condiments or sauces do you often use? Do you have any favorites?

Extension Activities:

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

- Plan (and plant) an herb garden outside or on a windowsill. Seeds for herbs can usually be found inexpensively at home and garden stores.
- Research the history of chimichurri and where it originates.
- Make/taste several different types of toppings or sauces for meat such as chimichurri, mustard, steak sauce, etc . Compare and contrast them, and maybe even combine them to see what they taste like together!

This original Family Lesson was written by Pilot Light staff and was inspired by the Pilot Light lesson, [Where in the World? Food Sources and Origins](#).