

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****Orecchiette with Asparagus, Sweet Onion, Pistachio, and Bacon
+ Grades 4-12 Common Core English Language Arts -
Writing - Text Types and Purposes - Narratives**

Suggested Recipe Age Range: 8 and up with adult help

Recipe by Chef Jason Hammel:

Orecchiette with Asparagus, Sweet onion, Pistachio, and Bacon

This recipe comes from a region in Italy that at one point had no eggs! When you can't get everything you want, you have to "make do." Make do - make dough (pasta dough)!

Serves 4**Ingredients:**

- 1 small onion, julienned
- 1 bunch asparagus, trimmed and blanched, then sliced 1/2 lengths
- 1 anchovy fillet, chopped (and optional!)
- 1 t fresh oregano
- 2 t parsley, each chopped
- red pepper flake, a pinch
- 1 C white wine, dry
- juice of 1/2 lemon
- 1/4 C pistachios or pine nuts
- 1/2 C slab bacon or pancetta, diced
- 3/4 C extra virgin olive oil
- 1 oz chunk of parmesan



For the pasta itself:

(If you prefer, you can use your favorite dried pasta (12-14oz))

- 200 g semolina
- 90 g warm water
- 1 t salt

Preparation:

For the orecchiette:

Mix semolina and warm water with hands until loosely combined, then place in the mixing bowl with the dough hook attachment. The dough will seem very dry at first, but be patience and it will come together. Knead for 5 minutes. Allow to rest, covered, for 30 minutes before preparing to roll it out.

Lightly dust work surface with semolina. Pinch a golf ball sized nub of dough from the ball and set it on the floured surface, making sure to recover the larger ball of dough so it doesn't dry out in the process. Using a light touch and both hands roll the small portion of dough into a 1/2 inch cylinder. With a butter knife cut a 1/4 inch piece of the cylinder and then press it at a 45 degree angle against the table or cutting surface using a firm drag toward you, creating the convex shape of the orecchiette. Invert the shape and set aside on a floured tray or dry cloth.

Dry at least 1 hour.

Cook in salted boiling water 2-3 minutes or till al dente. If using your favorite store-bought dried pasta, cook to box's direction.

For the pasta dish:

Heat a medium skillet until hot but not smoking. Add 1/2 C olive oil and bacon and immediately turn down the heat, to slowly render the fat and gently crisp the edges of the bacon. Using a slotted spoon remove bacon and immediately add the sliced onions. Over a low and steady heat, sweat the onions, red pepper, and anchovy until thoroughly translucent, at least 20 minutes. Taste. The onions should be tender. Add white wine, and increase the heat to medium, reducing until nearly all the liquid is cooked out. Add asparagus, pistachio, oregano, bacon, and parsley. Add the lemon juice to taste and cooked pasta. Add some or all of the remaining olive oil if it seems dry.

Toss and season with salt. Grate parmesan over the top just before serving. Serves 4.

Common Core Connections:

Grades 4-12

English Language Arts - Writing -Text Types and Purposes - Narrative Writing

Students will write narratives (stories) to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.

What does this mean?

Common Core in grades 4-12 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 fourth grader may write a two to three paragraph narrative, while a high school student might write a multi-paragraph/page narrative with multiple plot lines and points of view.

In this lesson, you (the student) will be writing **a narrative (or story) featuring your favorite pasta dish** - this could be true, imagined, or a mix of both,! Think about how a special recipe or dish has played a role in your life or in your family.

Consider these questions:

- How was it first created? This could be true or imagined.
- Does your favorite pasta dish connect to your identity in any ways? If so, are there certain events in your life that you connect to this pasta dish?
- Does it represent a certain location, person, or time in your life? Those elements can be included in your narrative.
- Has it been made by many people in your family? Tell the story of how the recipe has been made by multiple people. How has it changed over time?
- Use your imagination and creativity - perhaps the pasta has special powers or has an effect on a whole community.

What does this look like?

Materials needed:

- Pens
- Paper (or computer)

Directions:

1. Begin by brainstorming and writing or drawing an outline of your story or narrative. Think about who the characters of the story will be. Where will it take place and when? Write down any notes or ideas you think of to use later in your writing.
2. In your outline, you can write a draft of the sequence of events within your story - what happens first, second, third, etc.? How does your story conclude or what is the resolution.
3. Begin your first draft (at least 2 paragraphs in length)
4. Read your draft aloud and make any changes. You can also give your rough draft to a friend or care giver for feedback.

5. Write your final draft. Share your writing with family or friends. If you'd like you could create an illustration to go along with your pasta narrative.

To meet the expectations of this standard, your writing should be **at least 2 paragraphs long** and include the following (older students stories may be several paragraphs or pages in length):

- ☐ Orient the reader by **establishing a situation** and **introducing a narrator and/or characters**; organize an **event sequence** that unfolds naturally.
- ☐ In high school, students' writing could include **multiple plot lines** and **multiple points of view** within the narrative.
- ☐ Use **dialogue and description** to develop experiences and events or show the responses of characters to situations.
- ☐ Use a variety of **transitional words and phrases** to manage the sequence of events.
- ☐ Use concrete words and phrases and **sensory details** to convey experiences and events precisely.
- ☐ Provide a **conclusion** that follows from the narrated experiences or events.

Family Discussion Questions:

Families/children could discuss or write about:

- Does your favorite pasta dish connect to your identity in any ways?
- Does it represent a certain location, person, or time in your life?
- Think of how many ways noodles are eaten around the world. Try to name as many types as you can!

Extension Activities:

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

- Have a pasta party where you enjoy different types of noodle dishes and discuss your favorites. This could be in-person or could be virtually!
- Research the history of different noodles around the world. Try to make a new noodle recipe after your research.

This original Family Lesson was written by Pilot Light staff and was inspired by the Pilot Light lesson, [Noodles Around the World](#).